



Train together. Be together.

BALLET CURRICULUM & SYLLABUS

Ballet Level 1 • Quarter 1 • Weeks 1-12
CLASSICAL STYLE (with Balanchine influence)

PREFACE

Ballet Level 1 • Quarter 1 • Weeks 1-12

This Ballet Together Level 1 Curriculum/Syllabus (Quarter 1), is the first of a series of documents aimed to help dance instructors teach their students the building blocks of beginner ballet movements. Over the course of this 12-week quarter period (over three months), the instructor will cover all the steps/vocabulary listed in the curriculum (on page 4).

Important to note:

- Students at Level 1 are:
 - AGE: 10+ years old.
 - REQUIRED DANCE TRAINING: 0 - 1 year of consistent dance training.
 - Suitable for both male and female students.
- Each week's syllabus gradually introduces new concepts, so it is important that instructors teach the syllabus in the order presented.
- The syllabus structure is based on the instructors having at least one class session per week with the students. The "Syllabus - Week 1" will be taught during the first class, "Syllabus - Week 2" will be taught during the following week, and so forth.
- Each combination is aligned with the downloadable music files available on ballet together.com/nigeria.

We look forward to this journey. Dancing together, learning together.

- The Ballet Together Global Team

CURRICULUM & SYLLABUS

Ballet Level 1 • Quarter 1 • Weeks 1-12

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CURRICULUM

Ballet Level 1 • Quarter 1 • Weeks 1-12

This Ballet Level 1 curriculum is the set of steps/vocabulary covered during the first quarter session of training to help guide the instructors. Over the course of this 12-week quarter period, the steps/vocabulary listed below, both at the barre and center, will be gradually introduced using the week-by-week syllabus.

Barre:

- Plié
- Tendu
- Degagé
- Ronde de Jambe a Terre
- Coup-de-pied
- Petit Battement
- Relevé
- Passé
- Piqué
- Grand Battement

Center:

- Tendu
- Degagé
- Intro to Adagio concept
- Triplet / Balancé
- Sauté jump
- Changement jump
- Echappé jump
- Pas de Bourré
- Révérence

BALLET MUSIC TRACKS

Music provided by David J Morse, Soloist, Cincinnati Ballet, Choreographer, and Pianist.

DOWNLOAD MUSIC AT: BALLETOGETHER.COM/NIGERIA

BARRE: Downloadable Music.

1. BARRE-Plié with balance, one side
2. BARRE-Tendu (slow tempo), one side
3. BARRE-Tendu (moderate tempo), one side, #1
4. BARRE-Tendu (moderate tempo), one side, #2
5. BARRE-Tendu (quick tempo), one side
6. BARRE-Degagé, one side
7. BARRE-Petit Battement / Piqué, one side
8. BARRE-Rond de Jambe à Terre, one side, #1
9. BARRE-Rond de Jambe à Terre, one side, #2
10. BARRE-Fondu with balance, one side
11. BARRE-Frappé / Passé, one side
12. BARRE-Stretch, both sides
13. BARRE-Adagio, both sides
14. BARRE-Grand Battement, one side
15. BARRE-Relevé, both sides

CENTER: Downloadable Music.

16. CENTER-Tendu
17. CENTER-Adagio
18. CENTER-Balancé
19. CENTER-Pirouette (moderate tempo)
20. CENTER-Pirouette (slow tempo)
21. CENTER-Jumps (quick tempo)
22. CENTER-Jumps (petit allegro) - # 1
23. CENTER-Jumps (petit allegro) - # 2
24. CENTER-Jumps (petit allegro) - # 3
25. CENTER-Jumps (moderate allegro)
26. CENTER-Révérance

SYLLABUS - WEEK 1

Ballet Level 1 • Quarter 1 • Weeks 1-12

Introduce:

- Five ballet positions (feet and "port de bras")
- Proper ballet hand placement
- Proper pointed feet
- Barre: Plié
- Barre: Tendu (from 1st position)
- Barre: Degagé (from 1st position)
- Barre: Ronds de Jambe (from 1st position)

Barre:

- **FIVE BALLET POSITIONS**
 - Refer to BALLETS BASIC training document
 - 1st / 2nd / 3rd / 4th / 5th positions with the feet
 - 1st / 2nd / 3rd / 4th / 5th positions "port de bras" with the arms
- **PROPER BALLET HAND PLACEMENT**
 - Refer to BALLETS BASIC training document
- **PROPER POINTED FEET**
 - Refer to BALLETS BASIC training document
- **PLIÉ** (with hands on hips)
 - Demi plié
 - Grand plié

Combination: 2 demi plié, 1 grand plié in 1st / 2nd / 4th / 5th positions

- **MUSIC TRACK #1**: BARRE-Plié with balance, one side

- **TENDU**
 - From 1st position "en croix" (front, side, back, side)

Combination: begin in 1st position, one 4-count tendu, two 2-count tendu "en croix" -- repeat

- **MUSIC TRACK #2**: BARRE-Tendu (slow tempo), one side

- **DEGAGÉ**
 - From 1st position "en croix"

Combination: begin in 1st position, tendu, degagé, tendu, 1st position, two 2-count degagé -- repeat

- MUSIC TRACK #6: BARRE-Degagé, one side

- **RONDS DE JAMBE À TERRE**

- En dehors
- En dedans

Combination: begin in 1st position, tendu front/side/back, 1st position, tendu front/side/back, 1st position two 2-count ronds de jambe, three consecutive ronds de jambe -- en dehors, then en dedans

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

Center:

- **RÉVÉRENCE**

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 2

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié
- Barre: Tendu (from 1st position)
- Barre: Degagé (from 1st position)
- Barre: Ronds de Jambe (from 1st position)

Introduce:

- Barre: Plié with "port de bras" during plié
- Barre: Tendu from 5th position
 - Teach the change / no change rules for 5th position
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)

Barre:

- FIVE BALLET POSITIONS
 - Refer to BALLET BASIC training document
- PROPER BALLET HAND PLACEMENT
 - Refer to BALLET BASIC training document
- PROPER POINTED FEET
 - Refer to BALLET BASIC training document
- PLIÉ with "port de bras" during plié
 - Demi / Grand plié

Combination: 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position) - same done in 1st/2nd/4th/5th positions with the feet

- MUSIC TRACK #1: BARRE-Plié with balance, one side

- TENDU
 - From 1st / 5th position "en croix" (front, side, back, side)
 - TEACH: review change / no change rule for 5th position

Combination #1: begin in 1st position, one 4-count tendu, two 2-count tendu "en croix" -- repeat

- MUSIC TRACK #2: BARRE-Tendu (slow tempo), one side

Combination #2: begin in 5th position, one 4-count tendu "en croix" -- repeat

- MUSIC TRACK #3-4: BARRE-Tendu (moderate tempo), one side #1 / #2

- **DEGAGÉ**

- From 1st position "en croix"

Combination: begin in 1st position, tendu, degagé, tendu, 1st position, two 2-count degagé -- repeat

- MUSIC TRACK #6: BARRE-Degagé, one side

- **RONDS DE JAMBE À TERRE**

- En dehors / En dedans

Combination: begin in 1st position, tendu front/side/back, 1st position, tendu front/side/back, 1st position two 2-count ronds de jambe, three consecutive ronds de jambe -- en dehors, then en dedans

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **COUP-DE-PIED**

- Devant
- Sur le coup-de-pied
- Derrière

Center:

- **RÉVÉRENCE**

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 3

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with "port de bras" during plié)
- Barre: Tendu (from 1st and 5th position)
- Barre: Degagé (from 1st position)
- Barre: Ronds de Jambe (from 1st position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)

Introduce:

- Barre: Petit Battement
- Center: Tendu

At barre:

- **PLIÉ** with "port de bras" during plié
 - Demi / Grand plié

Combination: 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position) - same done in 1st/2nd/4th/5th positions with the feet

- **MUSIC TRACK #1**: BARRE-Plié with balance, one side

- **TENDU**

- From 1st / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination #1: begin in 1st position, one 4-count tendu, two 2-count tendu "en croix" -- repeat

- **MUSIC TRACK #2**: BARRE-Tendu (slow tempo), one side

Combination #2: begin in 5th position, one 4-count tendu "en croix" -- repeat

- **MUSIC TRACK #3-4**: BARRE-Tendu (moderate tempo), one side #1 / #2

- **DEGAGÉ**

- From 1st position "en croix"

Combination: begin in 1st position, tendu, degagé, tendu, 1st position, two 2-count degagé -- repeat

- MUSIC TRACK #6: BARRE-Degagé, one side

- RONDS DE JAMBE À TERRE

- En dehors / En dedans

Combination: begin in 1st position, tendu front/side/back, 1st position, tendu front/side/back, 1st position two 2-count ronds de jambe, three consecutive ronds de jambe -- en dehors, then en dedans

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- PETIT BATTEMENT

- REVIEW: Coup-de-pied Devant / Sur le coup-de-pied / Coup-de-pied Derrière
- For Petit Battement use: Coup-de-pied Devant / coup-de-pied derrière

Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

In center:

- TENDU (with hands on hips)

Combination: begin in 5th position, 2 tendu front, 2 tendu back, 3 tendu side changing, plié -- right and left

- MUSIC TRACK #16: CENTER-Tendu

- RÉVÉRENCE

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 4

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with “port de bras” during plié)
- Barre: Tendu (from 1st and 5th position)
- Barre: Degagé (from 1st position)
- Barre: Ronds de Jambe (from 1st position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Center: Tendu

Introduce:

- Barre: “Port de bras” stretch (front/back, side/side)
- Barre: Relevé (from 1st position and 5th position “sous-sous”)

At barre:

- **PLIÉ** with “port de bras” during plié and “port de bras” stretch
 - Demi / Grand plié

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), “port de bras” front/back
- *2nd position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
- *4th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
- *5th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” front/back
- **MUSIC TRACK #1:** BARRE-Plié with balance, one side

- **TENDU**

- From 1st / 5th position “en croix” (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, one 4-count tendu, two 2-count tendu “en croix” (last tendu side closes to 5th), one 4-count tendu, two 2-count tendu “en croix”

- MUSIC TRACK #3-4: BARRE-Tendu (moderate tempo), one side #1 / #2

- **DEGAGÉ**
 - From 1st position "en croix"

 - Combination: begin in 1st position, tendu, degagé, tendu, 1st position, two 2-count degagé -- repeat
 - MUSIC TRACK #6: BARRE-Degagé, one side

- **RONDS DE JAMBE À TERRE**
 - En dehors / En dedans

 - Combination: begin in 1st position, tendu front/side/back, 1st position, tendu front/side/back, 1st position two 2-count ronds de jambe, three consecutive ronds de jambe -- en dehors, then en dedans
 - MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **PETIT BATTEMENT**
 - REVIEW: Coup-de-pied Devant / Sur le coup-de-pied / Coup-de-pied Derrière
 - For Petit Battement use: Coup-de-pied Devant / coup-de-pied derrière

 - Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible
 - MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **RELEVÉ** (hands on hips)
 - 1st position / 5th position "sous-sous"

 - Combination #1: begin in 1st position, plié, relevé in 1st, plié (repeat 4 times), then balance with remaining music
 - MUSIC TRACK #15: BARRE-Relevé, both sides

 - Combination #2: begin in 5th position, plié, relevé in 5th "sous-sous", plié (repeat 4 times), then balance with remaining music -- right and left foot front
 - MUSIC TRACK #15: BARRE-Relevé, both sides

In center:

- **TENDU** (with hands on hips)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front, 2 tendu back, 3 tendu side changing, plié -- right and left

- MUSIC TRACK #16: CENTER-Tendu

- RÉVÉRENCE

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 5

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with “port de bras” during plié and “port de bras” stretch)
- Barre: Tendu (from 1st and 5th position)
- Barre: Degagé (from 1st position)
- Barre: Ronds de Jambe (from 1st position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position “sous-sous”)
- Center: Tendu

Introduce:

- Barre: Degagé (from 5th position)
- Barre: Ronds de Jambe (from 5th position)
- Center: Tendu with “port de bras”

At barre:

- **PLIÉ** with “port de bras” during plié and “port de bras” stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), “port de bras” front/back
 - *2nd position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
 - *4th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
 - *5th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” front/back
 - **MUSIC TRACK #1:** BARRE-Plié with balance, one side
- **TENDU**
 - From 1st / 5th position “en croix” (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, four 2-count tendu "en croix" (last tendu side closes to 5th), continue with four 2-count tendu from 5th position

- MUSIC TRACK #3-4: BARRE-Tendu (moderate tempo), one side #1 / #2

- **DEGAGÉ**

- From 1st / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, two 2-count tendu "en croix" (last degagé side closes to 5th), continue with two 2-count tendu from 5th position

- MUSIC TRACK #6: BARRE-Degagé, one side

- **RONDS DE JAMBE À TERRE**

- En dehors / En dedans

Combination: begin in 5th position, tendu front / side / back, 1st position, again tendu front / side / back, 1st position, four 6-count ronds de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **PETIT BATTEMENT**

- Coup-de-pied Devant / coup-de-pied derrière

Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible -- repeat

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **RELEVÉ**

- 1st position / 5th position "sous-sous"

Combination #1: begin in 1st position, plié, relevé in 1st, plié (repeat 4 times), then balance with remaining music

- MUSIC TRACK #15: BARRE-Relevé, both sides

Combination #2: begin in 5th position, plié, relevé in 5th "sous-sous", plié (repeat 4 times), then balance with remaining music -- right and left foot front

- MUSIC TRACK #15: BARRE-Relevé, both sides

In center:

- **TENDU** with “port de bras”
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th “port de bras”), 2 tendu back (keep arms in 5th “port de bras”), 3 tendu side changing (with arms in 2nd “port de bras”), plié (arms through preparatory to 1st to 2nd position) -- right and left

- MUSIC TRACK #16: CENTER-Tendu
- **RÉVÉRENCE**
MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 6

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with “port de bras” during plié and “port de bras” stretch)
- Barre: Tendu (from 1st and 5th position)
- Barre: Degagé (from 1st and 5th position)
- Barre: Ronds de Jambe (from 1st and 5th position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position “sous-sous”)
- Center: Tendu with “port de bras”

Introduce:

- Barre: Passé
- Center: Triplet / Balancé (in parallel)

At barre:

- **PLIÉ** with “port de bras” during plié and “port de bras” stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), “port de bras” front/back
- *2nd position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
- *4th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
- *5th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” front/back
- **MUSIC TRACK #1:** BARRE-Plié with balance, one side

- **TENDU**

- From 1st position / 5th position “en croix” (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, four 2-count tendu “en croix” (last tendu side closes to 5th), continue with four 2-count tendu from 5th position

- MUSIC TRACK #3-4: BARRE-Tendu (moderate tempo), one side #1 / #2

- **DEGAGÉ**

- From 1st position / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, two 2-count tendu "en croix" (last degagé side closes to 5th), continue with two 2-count tendu from 5th position

- MUSIC TRACK #6: BARRE-Degagé, one side

- **RONDS DE JAMBE À TERRE**

- En dehors / En dedans

Combination: begin in 5th position, tendu front / side / back, 1st position, again tendu front / side / back, 1st position, four 6-count ronds de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **PETIT BATTEMENT**

- Coup-de-pied Devant / coup-de-pied derrière

Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible -- repeat

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **RELEVÉ**

- 1st position / 5th position "sous-sous"

Combination #1: begin in 1st position, plié, relevé in 1st, plié (repeat 4 times), then balance with remaining music

- MUSIC TRACK #15: BARRE-Relevé, both sides

Combination #2: begin in 5th position, plié, relevé in 5th "sous-sous", plié (repeat 4 times), then balance with remaining music -- right and left foot front

- MUSIC TRACK #15: BARRE:-Relevé, both sides

- **PASSÉ**

- Passé devant / passé derrière

Ballet Together

Combination: begin in 5th position, coup-de-pied devant (2 counts), passé devant (2 counts), passé derrière (2 counts), coup-de-pied derrière (1 count), 5th (1 count) -- reverse -- coup-de-pied derrière (2 counts), passé derrière (2 counts), passé devant (2 counts), coup-de-pied devant (1 count), 5th (1 count)-- repeat

- MUSIC TRACK #11: BARRE-Frappé / Passé, one side

In center:

- **TENDU** with "port de bras"
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th "port de bras"), 2 tendu back (keep arms in 5th "port de bras"), 3 tendu side changing (with arms in 2nd "port de bras"), plié (arms through preparatory to 1st to 2nd position) -- right and left

- MUSIC TRACK #16: CENTER-Tendu

- **TRIPLET / BALANCÉ** in parallel (hands on hips)
 - Introduce tempo -- down, up, up

Combination: begin in parallel, down (weight down in plié on right leg), up (relevé on left leg), up (relevé on right leg), down (weight down in plié on leg), up (relevé on right leg), up (relevé on left leg) -- repeat

- MUSIC TRACK #18: CENTER-Balancé

- **RÉVÉRENCE**
MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 7

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with “port de bras” during plié and “port de bras” stretch)
- Barre: Tendu (from 1st and 5th position)
- Barre: Degagé (from 1st and 5th position)
- Barre: Ronds de Jambe (from 1st and 5th position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position “sous-sous”)
- Barre: Passé
- Center: Tendu with “port de bras”
- Center: Triplet / Balancé (in parallel)

Introduce:

- Barre: Tendu and Degagé with “port de bras”
- Center: Sauté (from 1st and 2nd)

At barre:

- **PLIÉ** with “port de bras” during plié and “port de bras” stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), “port de bras” front/back
 - *2nd position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
 - *4th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” side/side
 - *5th position:* 2 demi plié, 1 grand plié (same “port de bras” during plié as 1st position), “port de bras” front/back
 - **MUSIC TRACK #1:** BARRE-Plié with balance, one side
- **TENDU**
 - From 1st / 5th position “en croix” (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, four 2-count tendu "en croix" (last tendu side closes to 5th), continue with four 2-count tendu from 5th position

- Add "port de bras" - 5th position arms for front, 2nd position arms for second, arabesque arm for back
- **MUSIC TRACK #3-4**: BARRE-Tendu (moderate tempo), one side #1 / #2

● DEGAGÉ

- From 1st / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, two 2-count tendu "en croix" (last degagé side closes to 5th), continue with two 2-count tendu from 5th position

- Add "port de bras" - 5th position arms for front, 2nd position arms for second, arabesque arm for back
- **MUSIC TRACK #6**: BARRE-Degagé, one side

● RONDS DE JAMBE À TERRE

- En dehors / En dedans

Combination: begin in 5th position, tendu front / side / back, 1st position, again tendu front / side / back, 1st position, four 6-count ronds de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side

- **MUSIC TRACK #8-9**: BARRE-Rond de Jambe à Terre, one side #1 / #2

● PETIT BATTEMENT

- Coup-de-pied devant / coup-de-pied derrière

Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible -- repeat

- **MUSIC TRACK #7**: BARRE-Petit Battement / Piqué, one side

● RELEVÉ

- 1st position / 5th position "sous-sous"

Combination #1: begin in 1st position, plié, relevé in 1st, plié (repeat 4 times), then balance with remaining music

- **MUSIC TRACK #15**: BARRE-Relevé, both sides

Combination #2: begin in 5th position, plié, relevé in 5th "sous-sous", plié (repeat 4 times), then balance with remaining music -- right and left foot front

- MUSIC TRACK #15: BARRE-Relevé, both sides

- **PASSÉ**

- Passé devant / passé derrière

Combination: begin in 5th position, coup-de-pied devant (2 counts), passé devant (2 counts), passé derrière (2 counts), coup-de-pied derrière (1 count), 5th (1 count) -- reverse -- coup-de-pied derrière (2 counts), passé derrière (2 counts), passé devant (2 counts), coup-de-pied devant (1 count), 5th (1 count)-- repeat

- MUSIC TRACK #11: BARRE-Frappé / Passé, one side

In center:

- **TENDU** with "port de bras"

- REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th "port de bras"), 2 tendu back (keep arms in 5th "port de bras"), 3 tendu side changing (with arms in 2nd "port de bras"), plié (arms through preparatory to 1st to 2nd position) -- right and left

- MUSIC TRACK #16: CENTER-Tendu

- **TRIPLET / BALANCÉ** in parallel (hands on hips)

- Introduce tempo -- down, up, up

Combination: begin in parallel, down (weight down in plié on right leg), up (relevé on left leg), up (relevé on right leg), down (weight down in plié on leg), up (relevé on right leg), up (relevé on left leg) -- repeat

- MUSIC TRACK #18: CENTER-Balancé

- **SAUTÉ** (hands on hips)

- From 1st / 2nd position

Combination: begin in 1st position, plié, sauté in 1st, plié, straight knees, plié, sauté in 1st, plié, straight knees, plié, three sautés in 1st position, tendu right foot to 2nd position, plié, sauté in 2nd, plié, straight knees, plié sauté in 2nd, plié, straight knees, three sautés in 2nd position, tendu right foot to 1st -- repeat with the left foot

- MUSIC TRACK #21: CENTER-Jumps (quick tempo)

- **RÉVÉRENCE**

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 8

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with "port de bras" during plié and "port de bras" stretch)
- Barre: Tendu (from 1st and 5th position) with "port de bras"
- Barre: Degagé (from 1st and 5th position) with "port de bras"
- Barre: Ronds de Jambe (from 1st and 5th position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position "sous-sous")
- Barre: Passé
- Center: Tendu with "port de bras"
- Center: Triplet / Balancé (in parallel)
- Center: Sauté (from 1st and 2nd)

Introduce:

- Barre: Piqué
- Center: Adagio

At barre:

- **PLIÉ** with "port de bras" during plié and "port de bras" stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), "port de bras" front/back
 - *2nd position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
 - *4th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
 - *5th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" front/back
 - **MUSIC TRACK #1:** BARRE-Plié with balance, one side
- **TENDU / DEGAGÉ**
 - From 1st and 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, two 2-count tendu, two 2-count degagé "en croix" (last degagé side closes to 5th) -- repeat combination from 5th position

- Add "port de bras" - 5th position arms for front, 2nd position arms for second, arabesque arm for back
- MUSIC TRACK #3-4: BARRE-Tendu (moderate tempo), one side #1 / #2

- **PIQUÉ**

Combination: begin in 5th position, degagé, two piqués, 5th position "en croix"

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **RONDS DE JAMBE À TERRE** with relevé "sous-sous"

- En dehors / En dedans

Combination: begin in 5th position, tendu front / side / back, 1st position, again tendu front / side / back, 1st position, four 6-count ronds de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side, relevé balance in 5th position "sous-sous"

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **PASSÉ**

- Passé devant / passé derrière

Combination: begin in 5th position, coup-de-pied devant, passé devant, passé derrière, coup-de-pied derrière, 5th -- reverse

- MUSIC TRACK #11: BARRE-Frappé / Passé, one side

In center:

- **TENDU** with "port de bras"

- REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th "port de bras"), 2 tendu back (keep arms in 5th "port de bras"), 3 tendu side changing (with arms in 2nd "port de bras"), plié (arms through preparatory to 1st to 2nd position) -- repeat twice right and left

- MUSIC TRACK #16: CENTER-Tendu

- **ADAGIO**

- Introduce concept of adagio movement

Combination: begin in 5th position with arms in preparatory, "port de bras" with right arm (arms through to 1st to 2nd position, lengthen, down to preparatory), repeat "port de bras" with left arm (arms through to 1st to 2nd position, lengthen, down to preparatory), coup-de-pied devant, passé, coup-de-pied derriere, 5th position -- repeat to left

- MUSIC TRACK #17: CENTER-Adagio

- TRIPLET / BALANCÉ in parallel (hands on hips)

- Introduce tempo -- down, up, up

Combination: down (weight down in plié on right leg), up (relevé on left leg), up (relevé on right leg), down (weight down in plié on leg leg), up (relevé on right leg), up (relevé on left leg) -- repeat

- MUSIC TRACK #18: CENTER-Balancé

- SAUTÉ (hands on hips)

- From 1st / 2nd position

Combination: begin in 1st position, plié, sauté in 1st, plié, straight knees, plié, sauté in 1st, plié, straight knees, plié, three sautés in 1st position, tendu right foot to 2nd position, plié, sauté in 2nd, plié, straight knees, plié sauté in 2nd, plié, straight knees, three sautés in 2nd position, tendu right foot to 1st -- repeat with the left foot

- MUSIC TRACK #21: CENTER-Jumps (quick tempo)

- RÉVÉRENCE

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 9

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with "port de bras" during plié and "port de bras" stretch)
- Barre: Tendu (from 1st and 5th position) with "port de bras"
- Barre: Degagé (from 1st and 5th position) with "port de bras"
- Barre: Piqué
- Barre: Ronds de Jambe (from 1st and 5th position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position "sous-sous")
- Barre: Passé
- Center: Tendu with "port de bras"
- Center: Adagio
- Center: Triplet / Balancé
- Center: Sauté (from 1st and 2nd)

Introduce:

- Barre: Grand Battement
- Center: Triplet / Balancé (using coupé derriere)
- Center: Echappé jump

At barre:

- **PLIÉ** with "port de bras" during plié and "port de bras" stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), "port de bras" front/back
- *2nd position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *4th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *5th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" front/back
- **MUSIC TRACK #1:** BARRE-Plié with balance, one side

- **TENDU / DEGAGÉ**

- From 1st / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, two 2-count tendu, two 2-count degagé "en croix" (last degagé side closes to 5th) -- repeat combination from 5th position

- "Port de bras" - 2nd position for the whole combination
- MUSIC TRACK #3-4: BARRE-Tendu (moderate tempo), one side #1 / #2

- **PIQUÉ**

Combination: begin in 5th position, degagé, two piqués, 5th position "en croix"

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **RONDS DE JAMBE À TERRE** with relevé "sous-sous"

- En dehors / En dedans

Combination: begin in 5th position, tendu front / side / back, 1st position, again tendu front / side / back, 1st position, four 6-count ronds de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side, relevé balance in 5th position "sous-sous"

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **PETIT BATTEMENT**

- Coup-de-pied devant / coup-de-pied derrière

Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible -- repeat

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **GRAND BATTEMENT**

Combination: begin in 5th position, tendu, grand battement, tendu, grand battement, tendu, 5th position "en croix"

- MUSIC TRACK #14: BARRE-Grand Battement, one side

In center:

- **TENDU** with "port de bras"
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th "port de bras"), 2 tendu back (keep arms in 5th "port de bras"), 3 tendu side changing (with arms in 2nd "port de bras"), plié (arms through preparatory to 1st to 2nd position) -- repeat twice right and left

- MUSIC TRACK #16: CENTER-Tendu

- **ADAGIO**

- Introduce concept of adagio movement

Combination: begin in 5th position with arms in preparatory, "port de bras" with right arm (arms through to 1st to 2nd position, lengthen, down to preparatory), repeat "port de bras" with left arm (arms through to 1st to 2nd position, lengthen, down to preparatory), coup-de-pied devant, passé, coup-de-pied derriere, 5th position -- repeat to left

- MUSIC TRACK #17: CENTER-Adagio

- **TRIPLET / BALANCÉ** using coupé derriere (hands on hips)

- Introduce tempo -- down, up, up

Combination: down (weight down in plié on right leg), up (relevé on left leg), up (relevé on right leg), down (weight down in plié on leg leg), up (relevé on right leg), up (relevé on left leg) -- repeat

- MUSIC TRACK #18: CENTER-Balancé

- **SAUTÉ** (hands on hips)

- From 1st / 2nd position

Combination: begin in 1st position, plié, sauté in 1st, plié, straight knees, plié, sauté in 1st, plié, straight knees, plié, three sautés in 1st position, tendu right foot to 2nd position, plié, sauté in 2nd, plié, straight knees, plié sauté in 2nd, plié, straight knees, three sautés in 2nd position, tendu right foot to 1st -- repeat with the left foot

- MUSIC TRACK #21: CENTER-Jumps (quick tempo)

- **ECHAPPÉ** (hands on hips)

- From 5th position

Combination: begin in 5th position with the right foot front, plié, echappé open to 2nd position, straighten in 2nd position, plié in 2nd position, echappé close to 5th position with the left foot front, straighten in 5th position -- repeat

- MUSIC TRACK #25: CENTER-Jumps (moderate allegro)

- RÉVÉRENCE
MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 10

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with "port de bras" during plié and "port de bras" stretch)
- Barre: Tendu (from 1st and 5th position) with "port de bras"
- Barre: Degagé (from 1st and 5th position) with "port de bras"
- Barre: Piqué
- Barre: Ronds de Jambe (from 1st and 5th position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position "sous-sous")
- Barre: Passé
- Barre: Grand Battement
- Center: Tendu with "port de bras"
- Center: Adagio
- Center: Triplet / Balancé (using coupé derriere)
- Center: Sauté (from 1st and 2nd)
- Center: Echappé jump

Introduce:

- Center: Degagé
- Center: Triplet / Balancé (using coupé derriere)
- Center: Pas de Bourré

At barre:

- **PLIÉ** with "port de bras" during plié and "port de bras" stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), "port de bras" front/back
- *2nd position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *4th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *5th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" front/back
- **MUSIC TRACK #1:** BARRE: Plié with balance, one side

- **TENDU / DEGAGÉ**

- From 1st / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, two 2-count tendu, two 2-count degagé "en croix" (last degagé side closes to 5th) -- repeat combination from 5th position

- Add "port de bras" - 5th position arms for front, 2nd position arms for second, arabesque arm for back
- MUSIC TRACK #3-4: BARRE-Tendu (moderate tempo), one side #1 / #2

- **PIQUÉ**

Combination: begin in 5th position, degagé, two piqués, 5th position "en croix"

- Add "port de bras" - 5th position arms for front, 2nd position arms for second, arabesque arm for back
- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **RONDS DE JAMBE À TERRE** with relevé "sous-sous"

- En dehors / En dedans

Combination: begin in 5th position, tendu front / side / back, 1st position, again tendu front / side / back, 1st position, four 6-count ronds de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side, relevé balance in 5th position "sous-sous"

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **GRAND BATTEMENT**

Combination: begin in 5th position, tendu, grand battement, tendu, grand battement, tendu, 5th position "en croix"

- MUSIC TRACK #14: BARRE-Grand Battement, one side

In center:

- **TENDU / DEGAGÉ** with "port de bras"

- REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th "port de bras"), 2 tendu back (keep arms in 5th "port de bras"), 3 tendu side changing (with arms in 2nd "port de bras"), plié (arms through preparatory to 1st to 2nd position) -- right and left -- repeat with degagé

- MUSIC TRACK #16: CENTER-Tendu

- **ADAGIO**

Combination: begin in 5th position with arms in preparatory, "port de bras" with right arm (arms through to 1st to 2nd position, lengthen, down to preparatory), repeat "port de bras" with left arm (arms through to 1st to 2nd position, lengthen, down to preparatory), coup-de-pied devant, passé, coup-de-pied derriere, 5th position -- repeat to left

- **MUSIC TRACK #17: CENTER-Adagio**

- **TRIPLET / BALANCÉ** using coupé derriere (hands on hips)

- Introduce tempo -- down, up, up

Combination: down (weight down in plié coupé on right leg), up (relevé on left leg), up (relevé on right leg), down (weight down in plié coupé on leg leg), up (relevé on right leg), up (relevé on left leg) -- repeat

- **MUSIC TRACK #18: CENTER-Balancé**

- **PAS DE BOURRÉ** (hands on hips)

Combination: begin in 5th position, plié in 5th position, relevé in 5th position "sous-sous" (right foot front), step to relevé in 2nd position, relevé in 5th position "sous-sous" (left foot front), plié in 5th position -- repeat right and left

- **MUSIC TRACK #19: CENTER-Pirouette (moderate tempo)**

- **SAUTÉ** (hands on hips)

- From 1st / 2nd position

Combination: begin in 1st position, plié, sauté in 1st, plié, straight knees, plié, sauté in 1st, plié, straight knees, plié, three sautés in 1st position, tendu right foot to 2nd position, plié, sauté in 2nd, plié, straight knees, plié sauté in 2nd, plié, straight knees, three sautés in 2nd position, tendu right foot to 1st -- repeat with the left foot

- **MUSIC TRACK #21: CENTER-Jumps (quick tempo)**

- **ECHAPPÉ** (hands on hips)

- From 5th position

Combination: begin in 5th position with the right foot front, plié, echappé open to 2nd position, straighten in 2nd position, plié in 2nd position, echappé close to 5th position with the left foot front, straighten in 5th position -- repeat

- **MUSIC TRACK #25: CENTER-Jumps (moderate allegro)**

- RÉVÉRENCE

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 11

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with "port de bras" during plié and "port de bras" stretch)
- Barre: Tendu (from 1st and 5th position) with "port de bras"
- Barre: Degagé (from 1st and 5th position) with "port de bras"
- Barre: Piqué
- Barre: Ronds de Jambe (from 1st and 5th position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position "sous-sous")
- Barre: Passé
- Barre: Grand Battement
- Center: Tendu and Degagé with "port de bras"
- Center: Adagio
- Center: Triplet / Balancé (using coupé derriere and "port de bras")
- Center: Sauté (from 1st and 2nd)
- Center: Echappé jump

Introduce:

- Center: Triplet / Balancé (using "port de bras")
- Center: Pas de Bourré

At barre:

- **PLIÉ** with "port de bras" during plié and "port de bras" stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), "port de bras" front/back
- *2nd position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *4th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *5th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" front/back
- **MUSIC TRACK #1:** BARRE-Plié with balance, one side

- **TENDU / DEGAGÉ / PIQUÉ**

- From 1st / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, one 2-count tendu, one 2-count degagé, one degagé, two piqué "en croix" (last piqué side closes to 5th) -- repeat combination from 5th position

- Add "port de bras" - 5th position arms for front, 2nd position arms for second, arabesque arm for back
- MUSIC TRACK #6: BARRE-Degagé, one side

- **RONDS DE JAMBE À TERRE** with relevé "sous-sous"

- En dehors / En dedans

Combination: begin in 5th position, plié tendu front (2 count), rond de jambe to tendu back straight leg (2 count), repeat - plié tendu front (2 count), rond de jambe to tendu back straight leg (2 count), four 2-count rond de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side, relevé balance in 5th position "sous-sous"

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **PETIT BATTEMENT**

- Coup-de-pied devant / coup-de-pied derrière

Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible -- repeat

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **PASSÉ / GRAND BATTEMENT**

Combination: begin in 5th position, coup-de-pied devant, passé devant, coup-de-pied devant, 5th position, two grand battement "en croix"

- Coup-de-pied / passé devant for grand battement front / side (1st time)
- Coup-de-pied / passé derrière for grand battement back / side (2nd time)
- MUSIC TRACK #14: BARRE-Grand Battement, one side

In center:

- **TENDU / DEGAGÉ** with "port de bras"

- REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th "port de bras"), 2 tendu back (keep arms in 5th "port de bras"), 3 tendu side changing (with arms in 2nd "port de bras"), plié (arms through preparatory to 1st to 2nd position) -- right and left -- repeat with degagé

- MUSIC TRACK #16: CENTER-Tendu

- ADAGIO

- Introduce concept of adagio movement

Combination: begin in 5th position with arms in preparatory, "port de bras" with right arm (arms through to 1st to 2nd position, lengthen, down to preparatory), repeat "port de bras" with left arm (arms through to 1st to 2nd position, lengthen, down to preparatory), coup-de-pied devant, passé, coup-de-pied derriere, 5th position -- repeat to left

- MUSIC TRACK #17: CENTER-Adagio

- TRIPLET / BALANCÉ using coupé derriere (using "port de bras")

- Introduce tempo -- down, up, up

Combination: down (weight down in plié coupé on right leg), up (relevé on left leg), up (relevé on right leg), down (weight down in plié coupé on leg leg), up (relevé on right leg), up (relevé on left leg) -- repeat

- Add "port de bras" - when step plié coupé on right leg the left arm is in 5th position and right arm is in 2nd position, when step plié coupé on left leg the right arm is in 5th position and left arm is in 2nd position
- MUSIC TRACK #18: CENTER-Balancé

- PAS DE BOURRÉ (hands on hips)

Combination: begin in 5th position, plié in 5th position, relevé in 5th position "sous-sous" (right foot front), step to relevé in 2nd position, relevé in 5th position "sous-sous" (left foot front), plié in 5th position -- repeat right and left

- MUSIC TRACK #19: CENTER-Pirouette (moderate tempo)

- SAUTÉ / ÉCHAPPÉ (hands on hips)

- From 1st / 2nd position

Combination: begin in 1st position, four sauté in 1st position, four sauté in 2nd position, jump to 5th position with right foot front, three echappé (changing feet each time) -- repeat

- MUSIC TRACK #21: CENTER-Jumps (quick tempo)

- RÉVÉRENCE

MUSIC TRACK #26: CENTER-Révérance

SYLLABUS - WEEK 12

Ballet Level 1 • Quarter 1 • Weeks 1-12

Review:

- Barre: Plié (with "port de bras" during plié and "port de bras" stretch)
- Barre: Tendu (from 1st and 5th position) with "port de bras"
- Barre: Degagé (from 1st and 5th position) with "port de bras"
- Barre: Piqué
- Barre: Ronds de Jambe (from 1st and 5th position)
- Barre: Coup-de-pied (devant, sur le coup-de-pied, derrière)
- Barre: Petit Battement
- Barre: Relevé (from 1st position and 5th position "sous-sous")
- Barre: Passé
- Barre: Grand Battement
- Center: Tendu and Degagé with "port de bras"
- Center: Adagio
- Center: Triplet / Balancé (using coupé derriere and "port de bras")
- Center: Sauté (from 1st and 2nd)
- Center: Echappé jump

Introduce:

- Center: Changement jump

At barre:

- **PLIÉ** with "port de bras" during plié and "port de bras" stretch

Combination:

- *1st position:* 1 demi plié (arm to preparatory position), 1 demi plié (arm to 1st and 2nd position), 1 grand plié (arm to preparatory, 1st, and 2nd position), "port de bras" front/back
- *2nd position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *4th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" side/side
- *5th position:* 2 demi plié, 1 grand plié (same "port de bras" during plié as 1st position), "port de bras" front/back
- **MUSIC TRACK #1:** BARRE-Plié with balance, one side

- **TENDU / DEGAGÉ / PIQUÉ**

- From 1st / 5th position "en croix" (front, side, back, side)
 - REMINDER: review change / no change rule for 5th position

Combination: begin in 1st position, one 2-count tendu, one 2-count degagé, one degagé, two piqué "en croix" (last piqué side closes to 5th) -- repeat combination from 5th position

- Add "port de bras" - 5th position arms for front, 2nd position arms for second, arabesque arm for back
- MUSIC TRACK #6: BARRE-Degagé, one side

- **RONDS DE JAMBE À TERRE** with relevé "sous-sous"

- En dehors / En dedans

Combination: begin in 5th position, plié tendu front (2 count), rond de jambe to tendu back straight leg (2 count), repeat - plié tendu front (2 count), rond de jambe to tendu back straight leg (2 count), four 2-count rond de jambe -- en dehors, then en dedans, "port de bras" front/back and side/side, relevé balance in 5th position "sous-sous"

- MUSIC TRACK #8-9: BARRE-Rond de Jambe à Terre, one side #1 / #2

- **PETIT BATTEMENT**

- Coup-de-pied devant / coup-de-pied derrière

Combination: begin in 5th position, two 4-count petit battement (coup-de-pied devant, open slightly, coup-de-pied derrière, open slightly, coup-de-pied devant,) two 2-count petit battement (coup-de-pied devant, coup-de-pied derrière), 4-counts petit battement as fast as possible -- repeat

- MUSIC TRACK #7: BARRE-Petit Battement / Piqué, one side

- **PASSÉ / GRAND BATTEMENT**

Combination: begin in 5th position, coup-de-pied devant, passé devant, coup-de-pied devant, 5th position, two grand battement "en croix"

- Coup-de-pied and passé devant for front and side (1st time)
- Coup-de-pied and passé derrière for back and side (2nd time)
- MUSIC TRACK #14: BARRE-Grand Battement, one side

In center:

- **TENDU / DEGAGÉ** with "port de bras"

- REMINDER: review change / no change rule for 5th position

Combination: begin in 5th position, 2 tendu front (with arms in 5th "port de bras"), 2 tendu back (keep arms in 5th "port de bras"), 3 tendu side changing (with arms in 2nd "port de bras"), plié (arms through preparatory to 1st to 2nd position) -- right and left -- repeat with degagé

- MUSIC TRACK #16: CENTER-Tendu

- ADAGIO

- Introduce concept of adagio movement

Combination: begin in 5th position with arms in preparatory, "port de bras" with right arm (arms through to 1st to 2nd position, lengthen, down to preparatory), repeat "port de bras" with left arm (arms through to 1st to 2nd position, lengthen, down to preparatory), coup-de-pied devant, passé, coup-de-pied derriere, 5th position -- repeat to left

- MUSIC TRACK #17: CENTER-Adagio

- TRIPLET / BALANCÉ using coupé derriere (using "port de bras")

- Introduce tempo -- down, up, up

Combination: down (weight down in plié coupé on right leg), up (relevé on left leg), up (relevé on right leg), down (weight down in plié coupé on leg leg), up (relevé on right leg), up (relevé on left leg) -- repeat

- Add "port de bras" - when step plié coupé on right leg the left arm is in 5th position and right arm is in 2nd position, when step plié coupé on left leg the right arm is in 5th position and left arm is in 2nd position
- MUSIC TRACK #18: CENTER-Balancé

- PAS DE BOURRÉ (hands on hips)

Combination: begin in 5th position, plié in 5th position, relevé in 5th position "sous-sous" (right foot front), step to relevé in 2nd position, relevé in 5th position "sous-sous" (left foot front), plié in 5th position -- repeat right and left

- MUSIC TRACK #19: CENTER-Pirouette (moderate tempo)

- SAUTÉ / ÉCHAPPÉ (hands on hips)

- From 1st / 2nd position

Combination: begin in 1st position, four sauté in 1st position, four sauté in 2nd position, jump to 5th position with right foot front, three echappé (changing feet each time) -- repeat

- MUSIC TRACK #21: CENTER-Jumps (quick tempo)

- **CHANGEMENT** (hands on hips)

Combination: begin in 5th position (right foot front), plié, changement to plié, straighten in 5th (left foot front) -- repeat four times

- MUSIC TRACK #22: CENTER-Jumps (petit allegro) # 1

- **RÉVÉRENCE**

MUSIC TRACK #26: CENTER-Révérance