

Ballet II Curriculum

Floor Work:

(non-weight bearing, continue with all of previous year's material)

1. Enveloppé: devant and seconde (lying back flat on floor)
2. Theraband work

Coordination With Motor Steps:

(free-standing exercises: continue with previous year's material)

1. Marches with pauses on one leg (rhythmical changes)
2. Reversals to previous year's material (marching and stepping backwards)
3. Triplets with changes of directions (basic waltz step en avant)

Port De Bras:

Continue with previous year's material adding 3rd position en avant - through "gateway" en avant position each time

Mime:

Continue with previous year's material adding short phrases or "sentences"

Barre Work:

(all exercises are facing the barre with two hands on barre)

1. Demi-plié: in 1st and 2nd position
2. Battement tendu: de côté and devant
3. Double tendu de côté: with and without plié in 2nd position
4. Add mixing tendu and plié together in different orders (enchainements)
5. Add simple port de bras at the barre mixed with tendu and plié exercises
6. Relevé: in 6th, 1st and 2nd position
7. Tendu en plié: (in 4 movements) de côté and add devant
8. Demi-rond de jambe: en dehors and en dedans
9. Tendu assemblé: in 3 movements (demi plié, tendu en plié, close straightening simultaneously) de côté and add devant
10. Cambré: de côté and en avant (facing away from barre) ½ forward only
11. Posé de côté

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12. Chassé de côté
13. Temps lié de côté
14. Sur le cou-de-pied
15. Développé à terre: de côté and devant (through sur le cou-de-pied)
16. Enveloppé (from pointe tendu): from de côté and devant positions

Barre Work In Center:

(with hands on hips, later arms held en bas)

1. Demi-plié: in 1st and 2nd positions
2. Tendu: de côté and devant
3. Double tendu
4. Relevé: in 1st and 2nd positions
5. Tendu en plié de côté
6. Posé de côté
7. Chassé de côté
8. Temps lié de côté
9. Cambré de côté
10. Tendu en plié in 4 movements
11. Demi-rond de jamb: en dehors and en dedans

Jumps:

(with hands on hips, later arms held en bas)

1. Sautés in 6th position (consecutive)
2. Sautés in 1st and 2nd positions: even counts with pause between each set
3. Consecutive sautés: in 1st and 2nd positions (sets of two, three and four with pause between)
4. Échappé: from 1st to 2nd position and reversed (with pause between and later consecutive)
5. Emboîté in 6th position: like “jogging” landing on alternate legs controlling plié action

Allegro:

(diagonals and in circles)

1. Prances
2. Chassé coupé de côté (through 6th position)
3. Skips
4. Polka

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5. Character runs
6. Simple runs changing directions
7. Simple enchainements mixing any of the above allegro vocabulary

Ballet II: Second half of academic year

Repeat previous material and add:

1. Passé position: devant and derrière (at the barre)
2. Développé à terre: through passé devant and de côté
3. Enveloppé à terre: through passé devant and de côté
4. Assemblé in 6th position: with brush, turned-in to learn assemblé coordination
5. Petit assemblé to 6th position: no brush, turned-in
6. Preparation for glissade at the barre: tendu assemble, and change weight through 2nd position en relevé to opposite side – no jump yet
7. Petit jeté en avant en dégagé: consecutive brushes en avant on alternate