

Class: Teen Ballet (TTP)

Teachers: Annie Corrao

Overarching Goals: musicality, physical embodiment (conditioning), class culture

Unit Goal: breath & body alignment

1. Threshold:

-Circle warm-up, introduce things to do to warm themselves up efficiently (ie: circles, massage, body work, etc)

-discuss or choose new words to focus on during class, performance qualities

2. Warm-up:

(facing the barre in sixth position)

roll through shoes (R,L,R,L) for eight counts, plie releve four times, roll up balance and lower down with straight legs; repeat in first position

Head rolls, shoulder rolls, por de bra to both sides

(pick up the pace in order to increase heart rate, switch places at the barre to repeat combination)

3. Barre:

(EXC 1) start in first: demi, demi, grande plie, tendu front port de bras front and back, second: demi, demi, grande plie, tendu port de bras side and side, fourth: demi, demi, grande, turn in stretch, roll up and turn back out, fifth: demi, demi, grande, tendu back (inside leg) port de bras forward and back, close first and releve balance

→ use of breath and alignment of hips, knees, and feet!

(EXC 2) tendu front, inside back, side, inside front, reverse, repeat as degage

→ repeat with two tendu or add por de bra (ask dancers to show possibilities of por de bra for various positions)

(EXC 3) degage 1, 2, brush out with plie and hold, pique passe (front, side, side, back), pas de cheval with plie, tombe pas de bouree (front, side, side), plie coupe, plie soutenu to the other side

→ passe balance

→ work with partners

(EXC 4) plie tendu front, rond de jambe with port de bras, four regular rond de jambes, developpe with flick developpe front, side, close back, repeat, lunge forward with port de bras back, balance in passe, change to attitude front with arms in high “v”

(EXC 5) grande battement with port de bras

→ same pattern as the tendu

(EXC 6) two grande plies in second, then balance in releve, arms in high “v”

4. Center:

(EXC 1) por de bra: tendu front, back, side w/ por de bra (first arabeque, third w/ arm to chest)

(EXC 2) tendu from the barre
→ add por de bra elements from aurora

(EXC 3) pirouette combo from variation (9 spring pointes, plie fifth, passe to fourth, pirouette)
→ changing formations and directions (two lines traveling across the floor, negotiate traffic patterns)

(EXC 4) small jumps: 4 sautes in first, 4 in second, 2 echapes, 3 changement
→ in a circle

(EXC 5) glissade jete, temps leve, temps leve, glissade jete, temps leve, temps leve, glissade jete, amboite, coupe step assemble, changement
→ have dancers figure out the reverse

5. Variation:

**review the parts of the variation we worked on last week, clean and workshop each part

6. Composition

**have partners work through the variation and choose the most interesting/exciting parts for them to create new phrases that can be manipulated

7. Reverence