

Beginning Ballet

Unit: 2

Teacher: Annie Corrao

Warm-up

Circle with new sharing with a new question each week

Feet warm up (point and flex, turn in and out, toes, rolling up)

*Brain dance transition to find a spot at the barre

Barre

**change places at the barre between each exercise*

Warm up for the feet

- Preparation, elongé, hands on barre
- Demi, full, demi, flat x2 (1, 2, 3, 4, 5, 6, 7, 8)
- Demi pointes lower x2 (1, 2, 3, 4, 5, 6, 7, 8)
- Full Porte de bras, hands on barre
- Right and left

Plie

- Left hand on the barre, hand on waist
- Three demi plies
- Tendu to second
- Three demis
- Tendu to first

Tendu

- Facing the barre
- one slow tendu (1-4), tendu x2 (5-8), slow tendu to first, tendu close first
- Plie, rise, plie, stretch
- Repeat L

Retire

- starting in first position sideways to the barre
- Silde up for 4, down for 4 close first
- Repeat, but stay in cous de pied position
- Vocally cue to balance in the position, bring it to the back and front

Port de bras

- First soft hands to practice
- First, second, bras bas, hold
- First, fifth, second, elongé to bras bas
- Head follows hand, lifts center on hold

Centre

Run and pause with rise

- change floor patterns- crossing across the floor
- With scarves?
- Run across (1-4)
- Rise and lower (5-6, 7-8) with arms floating parallel to the ground, also adding bourres in a circle instead of rise and lower

Porte de bras

- Third position
- Arms to first looking at hands, open second look right lower to bras bas
- Repeat L
- Arms to first, open left look right, open right look left
- Arms to demi bras, hands on waist

Transfer of weight

- Starting in first position hands on hips
- Two tendus to second
- Degage side lower heel to second
- Transfer weight
- Degage other leg, close first
- Repeat other side

Spring Points and Petite Jetes

- Spring Point 1, 2, 3, 4
- Petite jete derriere 5, 6, 7, 8

Soubresauts and gallop (across the floor)

*in the next classes adding in step hops

- Starting in third position en ouvert
- 4 soubresauts arms bras bas
- 4 gallops right foot hands to waist

Reverance

Starting in a circle

- Skip forward 6x, jump 7 clap 8
- Repeat going backwards
- Step right curtsy, left curtsy
- "I love to dance with you" (pantomime)