

Early Pointe Progress Checklist

Class details

Class day/time	
Teacher	
Date of update	

Demi pointe in the centre

New for this level

Category	Step/ Movement	Details / Development	Progress
Releve	Chasse releve into arabesque or attitude		
Pose	Pose coupe		
	Pose arabesque		
Pas de bourree couru	Travelling de cote		
	Travelling en avant		
	Travelling en arriere		
	Travelling de cote		
Other	Emboite		

Pointe at the barre

Start all exercises facing the barre. Progress to sideways to the barre as dancers increase in strength and control.

Category	Step/ Movement	Details / Development	Progress
Non weight bearing	Walking through the feet (in parallel or turnout)		
	Instep stretch feet together (parallel and turnout)		
	Instep stretch with degage devant and second		
Rises	Slow rises in first position, parallel or turnout		
	Slow rises in second position, turned out		
	Rise, bend knees (to stretch instep), stretch legs, lower heels		
	Demi plie, lift heels (to stretch instep), stretch legs, lower heels		
Releve	From first or second position, turned out Demi plie, releve, demi plie, stretch legs		

	Develop to multiple releve without stretch in between		
	Demi pointe releve <ul style="list-style-type: none"> From first position, releve Lower balls of feet, stretch, repeat Lower into demi plie, stretch 		
	Echappe releve		
	Preparation for releve retire (devant, derriere or passe) <ul style="list-style-type: none"> Releve sous sous Retire Lower into sous sous Demi plie, stretch 		
Pas de bourree couru	Sur le place		
Turns	Demi detourne towards the barre		

Pointe in the centre – non weight bearing

Category	Step/ Movement	Details / Development	Progress
Simple movements	Battement tendu and degage		
	Demi plie in first or second		
	Rond de jambe a terre		
	Chasse		
	Temp lie (a terre and en l'air)		
Walks	Walks on demi pointe		
	Extended walks		
	Lifted walks		
Balance	Developpe devant, a la second, derriere		
	Balance in retire (flat foot) or with low extension devant, a la seconde or derriere		
	Arabesque or attitude (from chase, temp lie or developpe_		
Balancé	Balance de cote		
	Balance en avant and en arriere		
	Waltz turn		
Pas de basque	Pas de basque glisse		
	Pas de basque saute		