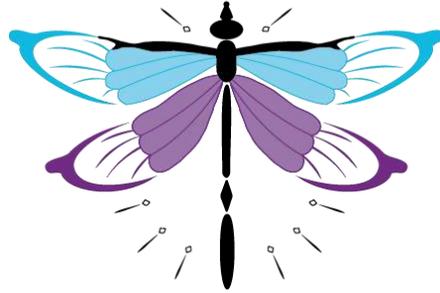


Dragonfly
DANCE



Ballet Syllabus for Adults

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Dragonfly Dance Ballet Syllabus for Adults
By Jo McDonald

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Part 1: Introduction

Welcome to the Dragonfly Dance ballet syllabus. The syllabus is designed to give teachers a structure to develop class work. Unlike many syllabi, it is not made up of set exercise, combinations and dances, but is instead of set of steps or movements that the teacher can draw on to create their own exercises, combinations, and dances.

The syllabus is a living document that is updated as required. There are additional elements that will be added to the syllabus overtime, including expectations of students at different levels on things like rhythm, picking up movement, memory, and more.

The ballet syllabus is to be used in conjunction with other Dragonfly Dance Teacher Training materials, such as the unit on using a syllabus and understanding learners.

Purpose of syllabus

There are two key intentions of this syllabus, which are to:

1. Provide a structure to support teacher's in preparing classes
2. Ensure a consistency between ballet classes at Dragonfly Dance that may be taught by different teachers

Structure of syllabus document

This syllabus is designed to support teachers by providing both a big-picture view of the progression of steps and a detailed focus on the content of each level.

The **Step Overview by Category** offers a comprehensive look at how steps are introduced and developed across the syllabus in a progressive and methodical manner. This section helps teachers understand the broader structure and ensure continuity in their teaching.

The **Step Breakdown by Level** is tailored to the practical needs of teaching a specific level. It allows teachers to focus on the exact steps included in a level without becoming overwhelmed by the full scope of the syllabus.

To make navigation easier, summarised versions of each breakdown type are included at the beginning of their respective sections, so the information is readily accessible when and where it is most useful, streamlining lesson preparation and enhancing the clarity of progression across the levels.

Overview of levels

Main levels

We have 3 categories (beginner, intermediate, and advanced)

Each category is divided into two groups to create 6 levels:

Beginner

Level 1: absolute beginner

Level 2: experienced beginner

Intermediate

Level 3: early intermediate

Level 4: experienced intermediate

Advanced

Level 5: early advanced

Level 6: advanced

Sub-levels

The sub-levels indicate how far into the level a given class is. Each level has four stages (A to D).

A Starting the level

B Progressing

C Completing

D Preparing for the next level

The sub-levels are shown on some classes on the timetable if that class is at the start or end of the level, or if there are two classes that are the same style and level, but at different sub-levels.

Progression

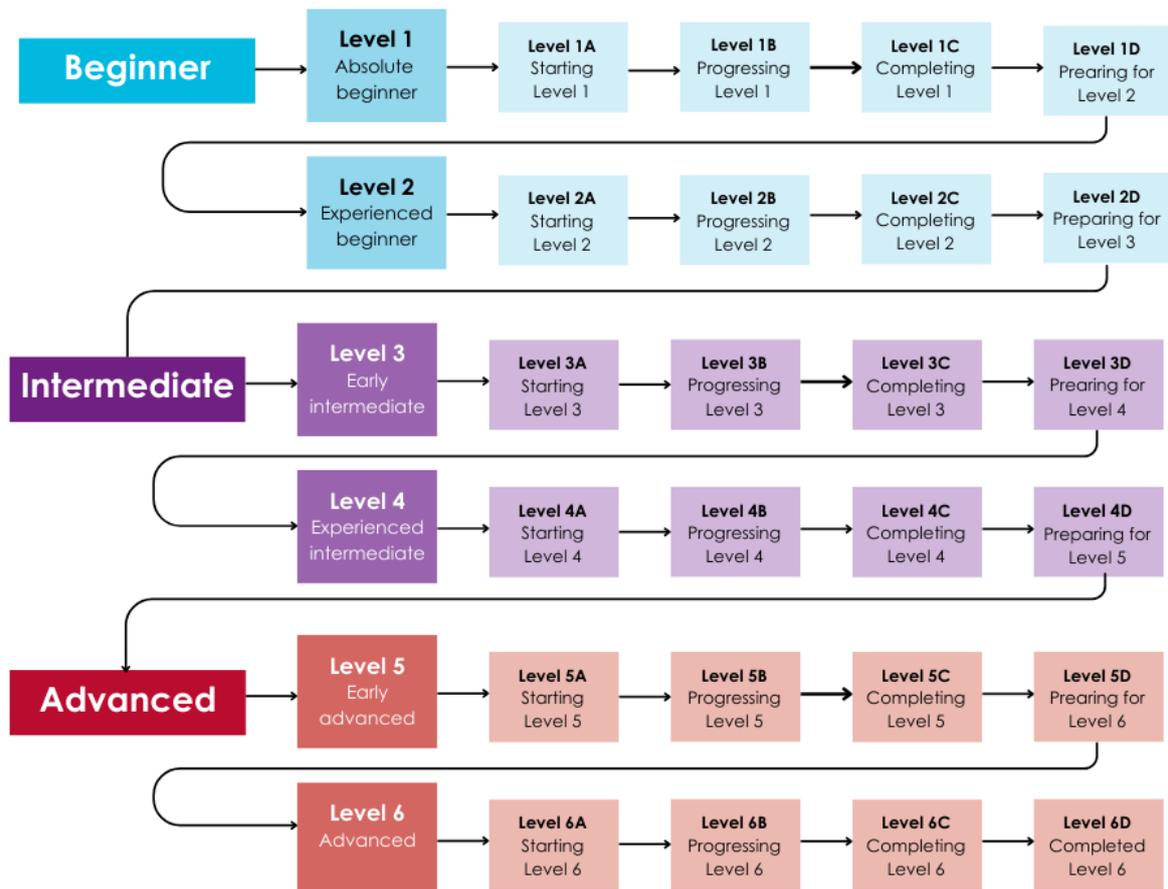
Moving through levels and sub-levels takes longer as the difficulty increases.

- Level 1 can be completed in 1 to 1.5 years.
- Level 2 can be completed in two years
- Levels 3 and above may take four or more years to complete.

Multi-level classes

On our timetable, levels with a + after them indicate the class is suitable for that level and higher

Progression flowchart



Class format & approach

Syllabus approach

The Dragonfly Dance ballet syllabus covers:

- Ballet technique
- Expression and artistry
- Rhythm and musicality
- Following and group work (eg following and mirroring the teacher, unison, canons etc)
- Memory
- Spatial awareness
- Safe dance practice

Class format

The table below shows:

- Breakdown of time for a 60 minute class
- Sequence of movements in each section
- Segments (the types of movements that can be included in each section)

Please note:

- Ensure that you do not take more than half the class for the barre section.
- You won't be able to include all segments in a single class, or possibly even in a single term.
- To cover all sections that could be included in a class, you may focus on particular sub-sections for a number of weeks
- Some sections will not be included until higher levels, for example, battement, rond de jambe, frappe etc are not include in the centre section until Level

Class section	Duration of section	Segments
Barre	30 minutes	Warmup (non technical combo to loosen up ankles, hips, spine, and/or shoulders)
		Battement tendu, glisse, soutenu
		Plie and cambre
		Rond de jambe a terre and assemble soutenu
		Adage
		Grand battement
		Demi pointe
		Stretch

Class section	Duration of section	Segments
Centre	30 minutes	Battement, rond de jambe, frappe
		Port de bras
		Adage
		Turns
		Demi pointe
		Allegro (includes petit, medium, and grand allegro, and batterie)
		Longer enchainment or dance
		Cool down and stretch
		Reverence

Part 2: Step overview by category

CHEAT SHEET

Steps overview by category

Use this section to see a quick overview of the level and sublevel where each step is first introduced to the dancers.

Category	Movement	Barre	Centre
Cambre	Cambre	L2B	L2D
Plie	Demi plie	L1A	L2B
	Grand plie	L1B	L3A
Battement	Battement tendu	L1A	L3B
	Battement glisse	L2A	L4A
	Battement soutenu	L2B	L3B
	Grand battement	L1A	L3B
Circling movements	Rond de jambe a terre	L2A	L3B
	Assemble soutenu	L2A	L3A
	Demi grand rond de jambe	L2C	L3C
	Grand rond de jambe	L3A	L4A
	Rond de jambe en l'air	L3C	L4C
Beats (not batterie)	Battement frappe	L2B	L3C
	Battement frappe fouette	L3B	L4A
	Petit battement	L3D	L4B
ADAGE			
Weight transference	Degage		L1A
	Temp lie		L1A
	Chasse		L1A
	Pose		L1A
	Tombe	L2A	
Leg extensions	Retire	L1A	L1B
	Developpe	L1A	L1C
	Battement fondu	L2A	L3A
	Arabesque a terre		L2A
	Arabesque en l'air	L2C	L2D

Category	Movement	Barre	Centre
	Attitude	L2D	L3B
	Renverse	L4D	L5B
Change of direction	Rotation	L2C	L3A
	Fouette of adage	L3B	L4C
	Fouette	L3B	L3C
	Promenade		L4A
Demi pointe	Eleve	L1B	L1B
	Releve 2-2	L1B	L1C
	Releve retire 2-1	L2C	L2D
	Releve on one foot 1-1	L4A	
	Pas de bourree	L1A	L1B
	Demi detourne	L2A	L2D
	Pose en demi pointe	L2A	L2B
	Coupe fouette raccourci	L3B	L3D
Turns	Pirouette en dehor		L3A
	Assemble soutenu en tournant		L2D
	Pirouette en dedan preparation		L2A
	Pirouette en dedan		LCC
	Chaine turn		L2C
	Petit pas de basque en tournant		L2D
	Pose turne en dedan		L3A
	Pose turn en dehor (lame duck		L3C
	Releve passe by half turn		L4A
	Fouette rond de jambe en tournant – preparation	L3B	L3D
	Fouette rond de jambe en tournant		L4A
Walks and runs	Walks en demi pointe		L1A
	Extended walks		L1A
	Lifted walks		L1A
	Runs		L1B
Allegro	Saute		L1A
	Changement		L2A
	Soubresaut		L2B
	Echappe saute		L2C

Category	Movement	Barre	Centre
	Petit jete		L1A
	Jete ordinaire		L2A
	Grand jete		L3C
	Temp leve (hope)		L1B
	Gallops		L1A
	Polka		L1C
	Glissade		L2A
	Assemble		L2B
	Pas de basque		L1C
	Sissone ordinaire		L2C
	Sissone (splitting legs)		L3A
	Sissone double		L4B
	Temp de cuisse		L5A
	Ballonne		L3A
	Ballottee		L5A
	Pas de chat		L2C
	Simple coupe		L2B
	Demi contretemp		L3B
	Coupe fouette raccourci saute		L3D
	Full contretemp		L4A
	Batterie		L4A
Balance and waltz	Balance de cote		L1A
	Balance en avant and en arrier		L1C
	Balance with turns		L2C
	Pas de valse		L3B

Details of Steps by Overview

Purpose

This overview document shows how the ballet movements in the Dragonfly Dance ballet syllabus progress from basics to more complex movements, and indicate which level the movements are appropriate for. They are to be learned in progressive manner, so the dancer must master the movements at each level before progressing to a higher level for that movement.

The overview document is mapped to the Technique Overview by Level documents, and the example exercises/content. The overview document gives the teacher a bigger picture view of how the progression of each type of movement and class section as the dancer or dance class progresses through the levels. It can also be used as a checklist for a teacher to ensure dancers have covered all movements in a particular level before progressing to the next.

The dancers should have the opportunity to perform the movements of a specified level in various combinations before progressing to more complex movements.

Overview structure

Instead of splitting movements up into barre and centre, the overview document shows development of each step from the basic version at the barre, then progresses to more advanced movements, which includes when they are performed in the centre. For each development of a movement, the left column shows the level at which the movement is first introduced.

There are two main sections to the technique overview:

Basics	Positions of arms and feet, directions of limbs, directions of movement, body facings)
Port de bras	Includes cambre (to arch) and penche (to lean)
Plié	
Battement	Includes tendu, glissé, jeté, grand, soutenu
Circling movements	Includes rond de jambe a terre and assemblé soutenu
Beats	Includes battement frappé, battement frappé fouetté and battement sur le cou de pied/petit battement, <i>but not batterie</i>
Adage	Includes degagé, retiré, developpé, battement fondu, fouetté of adage, chassé, temp lié, arabesque and attitude, balancé, bas de basque, rotations, promenade, fouetté
Demi pointe	Includes élevé, relevé, posé, pas de bourree, coupé fouetté raccourci
Pointe	As for demi pointe
Turns	Includes pirouettes, posé turns, assemblé soutenu en tournant, petit pas de basque en tournant, chaîné
Travelling steps	Includes walks, gallop, polka, runs
Allegro	Includes sauté, soubresaut, changement, jeté, glissadé, assemblé, pas de chat, sissone, temp levé
Batterie	

Révérence	
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Conventions

Unless specified otherwise, all barre movements are with the dancer standing sideways to the barre, all movements are in a turned out position.

As this is a large section of the Ballet Syllabus document, it has its own contents so you can easily skip to page where you'll find the information you are looking for.

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Basics

Arm positions

1A	Bras bas, first, second, third, fourth, fifth, demi seconde, demi bras
2A	Fourth crossed
2A	First arabesque
2B	Second arabesque
2B	Third arabesque
2D	Fourth opposition (gesture leg opposite to high arm) and ordinaire (gesture leg same as high arm)
3A	Open (allongé) positions for fourth and fifth, palms down
3A	Open (allongé) fifth, palms up
4A	Use of epaulment in various position (bras bas, third, fourth, arabesque)

Positions of the feet

Weight on two feet

L1A	First, Second, Third, Fourth opposite third
L3A	Fifth position
3A	Fourth opposite fifth

Weight on one foot

L1A	A la seconde (to the side)
L1A	À la Quatrième ('to the fourth' – can be devant or derriere)
L1A	Cou-de-pied derriere
L1B	Cou-de-pied devant
L4A	Sur le cou-de-pied (wrapped)

Direction of the limbs

L1	Devant, derriere, a la seconde
----	--------------------------------

Body facing

L1	En face, croisé
L1B	Croise
L1C	Ouverte (also known as effacé)
L1D	Croisé devant and croisé derriere
L2A	Ouverte / effacé devant and derriere
L.3	Ecarté – the same side arm as the working leg is usually in a high fifth position. Devant (facing one of the two front corners) and derriere (facing one of the two back corners)

Direction of movement

L1	En avant, En arriere, de côté
L2A	En dehor (outwards) En dedan (inwards)

Patterns of leg movements

L1	En croix
L3	Alternating feet (devant, derriere, second, devant – and reverse)
L4	More complex patterns

Level of legs

L1	A terre
L2	En l'air (45 degrees)
L3	En l'air 90 degrees
L4	Above 90 degrees

Head positions

L1A	Head erect
L1A	Follow hand with eyes and head
L1B	Turn (right or left)
L1C	Tilt up
L1C	Tilt down
L1D	Incline (right or left)
L1D	Combine turn and tilt up
L1D	Learning to spot (also listed under Turns)
L2A	Combine turn and tilt down
L2B	Combine incline and turn

Head combined with arms and legs

1	Encourage the dancer to look at their hand as it moves
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2A	Quarter turn (with degagé)
2A	Half turn (during side cambré)
2C	Quarter turn with slight forward tilt (especially when leg is in degagé devant)
2C	Quarter turn with slight backward tile (especially when leg is in degagé derriere)
2D	Quarter turn towards front foot (when closing leg from a la second)

Port de bras

Arms at the barre

L1A	Facing barre, arms rest lightly on the barre
	Sideways to barre, simple port de bras from bras bas, through first, to second, as preparation for an exercise
	Arm held in second throughout exercise, close to bras bas at end
	Sideways to barre, simple port de bras from bras bas, through first, to second, during exercise, such as plié
L2A	Through first to fifth From fifth to second
	From second directly to arabesque
L2B	From second through bras bas and first to arabesque

Cambré (arched) or penché (lean) at the barre

L2B	Forwards (penché) roll up through spine
	Sideways (cambré) towards barre
L2C	Forwards (penché) recover with straight spine
	Sideways (cambré) away from barre
	Preparation for back cambré (arm and head movement only)
L2D	Sideways (cambré) with degagé (toward or away from barre)
	Backwards (cambré) - recover arm 5 th
L3A	Sideways (cambré) with degagé en fondu (toward or away from the barre)
	Backwards (cambré) - recover arm 2 nd
L3B	Sideways (cambré) with degagé, with transfer of weight (Towards and away, in either order)
	Forward with degagé, en fondu (devant or derriere)
	Backward with degagé (straight or fondu) devant or derriere
L3C	Half circular (side to devant)
	Half circular (side to derriere)
L3D	Full circle (towards the barre)
	Full circle (away from the barre)
L4	Backwards with arm in arabesque
	Sideways (cambré) combined with demi plié – towards or away from the barre

Port de bras (incorporating cambré & penché) in the centre

L1A	<p>Learn the 8 basic positions – bras bas, demi seconde, demi bras, first, second, third, fourth, fifth. Able to join the 8 basic positions in sequence in a port de bras</p> <p>Basic pathways Bras bas → demi seconde → bras bas Bras bas → first → demi bras → bras bas Bras bas → demi seconde → bras bas Bras bas → first → demi bras → bras bas</p>
L1B	<p>Learning new arm pathways Bras bas → first → third → second → bras bas Bras bas → first → third → fourth → second → bras bas</p>
L1C	<p>Learning new arm pathways Bras bas → first → fourth → second → bras bas Third → third on other side Fourth → fourth on other side</p>
L1D	<p>Practice known positions and pathways, with either one arm at a time or two arms simultaneously</p>
L2A	<p>Include new arm positions Fourth crossed First arabesque – without degagé, or with degagé devant or derriere a terre</p>
L2B	<p>Include new arm positions Second arabesque Third arabesque</p>
L2C	<p>Reverse port de bras (from bras bas → through second → fifth → first → bras bas)</p>
L2D	<p>Backward cambré (feet in fifth or degagé devant or derriere)</p>
L2D	<p>Side cambré (feet in closed position or degagé)</p>
L3A	<p>Circular port de bras in grand 4th (lunge) (teach initially without the back cambre)</p>
L3B	<p>Circular port de bras with transference of weight (teach initially without the back cambre)</p>
L3D	<p>Forward port de bras from lunge (grand 4th)</p>
L4A	<p>Degagé devant, fondu and port de bras forward (penche)</p>
L4B	<p>Full circular port de bras in grand fourth (lunge position)</p>
L4C	<p>Forward penché with feet in fifth</p>

Plié

Barre

L1A	Demi plié, first and second and third position Begin facing the barre, then progress to sideways to the barre, with arm held in 2 nd position or simple port de bras (bras bas, first, second, bras bas)
L1B	Grand plié in first and second position, facing the barre
L1B	Demi plié in fourth (opposite third position)
L1C-1D	Grand plié in third and fourth position
L2A	Combine plié and cambre/penche

Centre

L2B	Demi plié and rises in first and second
L2C	Demi plié and rises in third and fourth
L3A	Grand plié in first and second
L4A	Demi plié, rises and full plié in first and second, demi plié and rises in third and fourth

Battement

Battement Tendu

Barre

L1A	Stretching (plantar flex) and flexing (dorsiflex), progressing to do so with foot articulation Facing the barre in parallel devant and turned out second
	Battement tendu devant in parallel and second in turn out, facing the barre Begin taking 4 counts for each tendu, and progress to 2 counts/tendu
	Battement tendu en croix, arm held in second position Begin taking 4 counts for each tendu, and progress to 2 counts/tendu
L1B	Different patterns of tendu en croix 1, 2, 3, 4, or more in each position, repeat pattern en croix 2 counts/tendu Can combine with a pause, or a simple port de bras (arms and legs move separately, not at the same time)
L1C	Different patterns of tendu en croix, combining different timings Eg slow tendu in 4 counts/tendu combined with faster tendu in 2 counts/tendu
L2A	Include head coordination (quarter turn away from the barre for tendu devant and derriere, and quarter turn towards barre for tendu a la seconde)
L2B	Include different arm positions (1 st or 5 th for devant, 2 nd for 2 nd , first, second or arabesque for derriere) Arms and legs move separately (not at the same time)

L2C	Include head positions with a tilt Tendu devant arm second or fifth, head ¼ turn away from the barre with a slight head tilt backwards Tendu derriere arm seconde, head ¼ turn away from the barre with a slight head tilt backwards arm arabesque, head ¼ turn away from the barre with a slight head tilt backwards Arm and head can move simultaneously, but not while legs are moving
L2D	Head and arm can move while performing a tendu
L3A	Battement tendu in 1 count – accent out or in
L3A	Tendu with alternating feet (eg devant with outside foot, derriere with inside foot, second with outside foot (close derriere), devant with inside foot)
L3B	En cloche
L3C	Close with demi plié
L3D	Demi plié, degagé on fondu, straighten, close
L4A	Battement tendu relevé
L4B	Petit developpé

Centre

L3B	Battement tendu devant and a la seconde in the centre in 4 or 2 counts/tendu
L3C	Battement tendu derriere in the centre, in 4 or 2 counts/tendu
L3C	Battement tendu en croix in the centre
L3D	Battement tendu with alternating feet in the centre
L4A	Battement tendu en croix or with alternating feet in 2 and 1 counts

Battement glissé

Barre

L2A	To second from first, facing barre, in 2 counts/glissé (accent out)
L2B	Battement glissé en croix, 2 counts/glissé (accent out)
L2C	To second from first, facing the barre, in 1 count/glissé (accent in)
L2D	En croix, sideways to the barre, In 2 counts (accent out) and 1 count (accent in) (mix how many on each leg, eg 1, 2, 3, 4)
L3A	Add head coordination, ¼ turn away from the barre for devant and derriere, ¼ turn towards the barre for second, arm held in second position
L3B	Add tilt for head coordination (tilt slightly back when glissé devant ,and slightly forward for glissé derriere)
L3C	Battement glissé with alternating leg pattern
L3D	Battement glissé en cloche
L3D	Battement glissé with pique
L4A	Battement glissé , close in demi plié
L4B	Battement glissé from demi plié

Centre

4A	Battement glissé en croix or alternating legs in the centre, 4 counts/glissé
4B	Battement glissé in 2 counts/glissé
4C	Battement glissé in 1 count/glissé (accent out or in)

Battement soutenu

Barre

L2B	En fondu, en avant, a la seconde, en arriere, en croix, in 4 counts
L2C	En fondu, en avant, a la seconde, en arriere, en croix, in 4 counts, with arm coordination (simple port de bras from bras bas to first, to second, back to bras pas)
L2C	En fondu, en avant, a la seconde, en arriere, en croix, in 2 counts, with arm held in second and with arm coordination
L3A	Drawing up to demi pointe

Centre

3B	Battement soutenu en fondu in the centre, en croix, in 4 counts
3C	Battement soutenu en fondu in the centre, en croix, in 2 counts
3D	Battement soutenu en fondu in the centre, closing en demi pointe, in 2 or 4 counts

Grand battement

Barre

1A	Grand battement en croix, to be developed as follows: In four counts, close in first position Facing barre a la second Sideways to the barre devant Sideways to the barre combine devant and a la secondeeld second Facing barre derriere Sideways to the barre derriere Sideways to the barre en croix Outside hand is on waist In four count, close in third position Add holding the arm in second position Increase speed to complete each battement in two counts
2A	Multiple battement in each position en croix (eg 2, 3, or 4), able to perform variations
2C	En croix, 2ith arm coordination (5 th for devant, 2 nd for 2 nd , arabesque for derriere)
3A	Alternating legs
3C	En cloche (straight gesture leg) – devant and derriere
3D	En cloche (attitude) – devant and derriere
3D	Grand battement pique
4A	Grand battement developé and envelope
4B	Grand battement with fondu on the outwards beat
4B	Grand battement closing on demi pointe
4C	Grand battement en demi pointe
4D	Grand battement en rond, en dehor and en dedan
4D	Grand battement fouetté

Centre

L3B	Grand battement en croix
L3C	Grand battement with alternating legs
L3D	Battement en cloche, straight gesture leg
L4A	Battement en cloche, attitude gesture leg
L4B	Grand battement pique
L4C	Battement developé and envelope

Circling movements

Rond de jambe a terre

Barre

Rond de jambe are en dehor and en dedan, starting and ending in second unless specified otherwise

1C	Rond de jambe en dehor and en dedan, starting and ending in first position (4 counts/rond de jambe)
2A	Rond de jambe en dehor and en dedan, starting and ending in second position (4 and 2 counts/rond de jambe)
2B	Rond de jambe en dehor and en dedan, starting and ending either devant or derriere (4 and 2 counts/rond de jambe)
2C	With fondu (after passing through first position)
2D	With pli� through 1st
3A	Rond de jambe in 1 count (in 6/8 or other compound time)
	With arm coordination
3B	Bras bas, first and 2 nd , for en dehor and en dedan
3C	To fifth (bras bas, first, 5 th , 2 nd), for en dehor
3D	Reverse (5 th , 1 st , bras bas, 2 nd) for en dedan

Centre

L3B	Centre in 4 counts
L3C	Centre in 2 counts
L3D	Centre in 1 count (in 6/8 or other compound time)
L4A	With arm coordination
L4B	With fondu (after passing through first position)
L4D	With demi pli� as pass through first

Assembl  soutenu

Barre

L2A	Demi and full assembl� soutenu en dehor and en dedan, in 4 counts
L2B	Assembl� soutenu en dehor and en dedan, in 2 counts
L2C	Perform en fondu
3A	Drawing up to demi pointe (on closing phase)
3B	Preparation for assembl� soutenu en tournant en dehor and en dedan: assembl� soutenu en fondu, draw up to demi pointe on the close, demi detourn� Initially in 4 counts, then progress to 2 counts
3D	Assembl� soutenu combined with chass� pass� en dehor followed by chass� pass� en avant en dedan followed by chass� pass� en arriere

Centre

L3A	Assemblé soutenu en dehor, with straight supporting leg or en fondu
L3B	Assemblé soutenu en dedan, with straight supporting leg or en fondu

Demi grand and grand rond de jambe

Barre

L2C	Demi grand rond de jambe en dehor, 45 degrees (prepare with retiré developpé, or swish) From devant to second, and from second to derriere
L2D	Demi grand rond de jambe en dedan 45 degrees (prepare with retiré developpé, or swish) From derriere to second, and from second to devant)
L3A	Grand rond de jambe en dehor
L3B	Grand rond de jambe en dedan
L3C	Demi grand rond de jamb en dehor with use of fondu
L4A	Demi grand rond de jambe en dedan with use of fondu
L4B	Grand rond de jambe en dehor with use of fondu
L4C	Grand rond de jambe en dedan with use of fondu

Centre

3C	Demi grand rond de jambe en dehor in the centre (devant to second, and second to derriere)
3D	Demi grand rond de jambe en dedan in the centre (derriere to second, and second to devant)
4A	Grand rond de jambe en dehor in the centre
4B	Grand rond de jambe en dedan in the centre
4C	Demi grand rond de jamb en dehor and en dedan with use of fondu in centre
4D	Grand rond de jambe en dehor and en dedan in the centre

Rond de jambe en l'air

Barre

3C	En l'air en dehor, 4 or 2 counts, leg 45 degrees
3D	En l'air en dedan, 4 or 2 counts, leg 45 degrees
4A	En l'air, en dehor and en dedans, 1 count, leg 45-90 degrees
4B	En la'ir, en dehor and de dedan, singles, doubles
4C	Double rond de jambe en l'air, en dehor and en dedan, extending to devant, second or derriere
4D	En la'ir, en dehor and de dedan, double extending with fondu or a rise

Centre

4C	Single rond de jambe en l'air en dehor and en dedan in the centre
4D	Double rond de jambe en l'air, en dehor and en dedan in the centre

Beats (not including batterrie)

Battement frappé

Barre

L2B	Battement frappe to second in 4 counts and 2 counts (alternating devant and derriere), arm held in 2 nd
L2C	Battement frappe en croix, in 4 counts and 2 counts – arm held in 2 nd
L2D	Battement frappe, to second, double beats
L3A	Battement frappe, en croix, double beats
L3B	Battement frappe on demi pointe – in 2 counts, to second position, alternating close devant and derriere
L3C	Battement frappe on demi pointe en croix, 2 counts/frappe
L3D	Battement frappe en demi point – doubles to second
L4A	Battement frappe en demi point – doubles en croix
L4B	Battement frappe to second, triple beats
L4C	Battement frappe en croix, triple beats
L4D	Singles and doubles en croix with fondu en cou de pied

Centre

L3C	Battement frappe in the centre to second
L3D	Battement frappe in the centre en croix
L4A	Battement frappe in the centre, doubles to second
L4C	Battement frappe in the centre, doubles en croix

Battement frappé fouetté

Barre

L3B	Battement frappe fouetté – 45 degrees, arm second, alternate devant and derriere, accent out or in, one or count counts per frappe fouetté
L3D	Battement frappe fouetté en demi-pointe

Centre

4A	Battement frappe fouetté to second
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Petit battement sur le cou-de-pied

Barre

L3D	Petit battement sur le cou de pied 1 count, accented devant or derriere, on the whole foot
L4A	Petit battement sur le cou-de-pied en demi pointe (single), 1 count, accented devant or derriere
L4B	Accented devant or derriere on whole foot or demi point or en fondu
4C	Serrés on whole foot, demi-pointe, or en fondu

Centre

4B	Petit battement sur le cou-de-pied, 1 count, accented devant or derriere, on the whole foot
4D	Serres on whole foot in the centre

Adage

The adage is divided into three key sections:

1. Weight transference (including temp lie, chassé, posé, tombé)
2. Leg extensions (including retiré, développé, arabesque, attitude)
3. Change of direction (including degagé to change direction, rotation, promenade, and fouetté of adage)

Weight transference

Step point

L1A	Step point (step to side, and then point other foot devant, fondu supporting leg) Arms on waist, or held in demi bras or demi seconde
L1A	Step together, step pointe (arms as per 'step point')

Degagé

While the degagé is not a weight transference in and of itself, it is a preparatory step for several types of weight transference, which is why it is included in this section. Degagé with change of direction is included in the Change of Direction section.

Barre

L1A	Degagé a la seconde to change between first, second, and third positions
L1B	Degagé devant to change between first/third and fourth position
L1C	Degagé derriere to change between first/third and fourth position

Centre

L1A	Degagé a la seconde to change between first and second positions From first or third, degagé to second, lower second From second position, degagé back to first or third 4/4, one to a barre, In 4 counts and 2 counts Arms held demi bras or using simple port de bras (pathways 2 or 3)
L1B	Degagé devant to change between first/third and fourth position From third Degagé en avant, lower in fourth or Degagé en arriere, lower in fourth opposite third From fourth, degagé front or back foot back to third In 4 and 2 counts

Temps lie

Centre

L1	<p>Temps lie a terre</p> <p>Sequence: Count 1 degagé, count 2 plié, count 3 transfer weight, count 4 close</p> <p>Direction: en face (progress to croise in L1B)</p> <p>Foot position progression:</p> <p>Start and finish in 1st position</p> <p>Start in and finish in 3rd position</p> <p>Arm progression:</p> <p>Hands on waist</p> <p>Arms held in demi bras or 2nd position</p> <p>Arms lift to first on degagé, open to second on weight transfer, lower to bras bas on close</p>
L1A	Temps lie a terre, de côté
L1B	Temps lie a terre, en avant
L1C	Temps lie a terre, en arriere
L1D	<p>Combine temps lie a terre, de côté, en avant, and en arriere</p> <p>In 2 counts: +degagé, 1 plié, + transfer weight, 2 close</p>
L2	<p>Temps lie a terre and en l'air</p> <p>Sequence for en l'air: count 1 degagé, count 2 plié, count 3 transfer weight, count 4 lift gesture leg en l'air (45 degrees), counts 5-6 hold, counts 7-8 lower and close</p> <p>Foot position: start and finish in third position</p> <p>Timing: a terre in 2 counts, en l'air in 8 counts</p> <p>Arms: for en avant and en arriere, arms to fourth or arabesque</p> <p>Direction: en face, croise or ouverte/efface</p>
L2A	Temps lie en l'air en avant
L2B	Temp lie en l'air de côté
L2C	Temp lie en l'air en arriere
L3	<p>Temps lie en l'air</p> <p>Sequence: count 1 degagé, count 2 plié, count 3 transfer weight and lift gesture leg en l'air simultaneously (45 degrees), counts 4-7 hold, count 8 lower and close.</p> <p>Timing and arms: as per Level 2</p> <p>Direction: combine croise (for en avant and en arriere) and en face (for de côté)</p>
L3A	En avant, gesture leg straight or attitude
L3B	De côté, and combine en avant and de côté
L3C	En arriere, gesture leg straight or attitude, and combine en arriere and de côté
L3D	Combine en avant, de côté, and en arriere
L4	<p>Temp lie en l'air</p> <p>Sequence: count 1 degagé, count & plié, count 2 transfer weight and lift gesture leg en l'air, counts 3-7 hold, count 8, lower and close</p>
L5	Temp lie en l'air en demi pointe

	Sequence: degagé, plié, relevé onto one foot, hold, close in sous sous, lower into demi plié
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Chassé

Centre

L1A	Chassé de côté, en face Commence and finish in first position Perform in 4 counts (1 demi plié, 2 slide, 3 transfer weight, 4 close) Arms on waist or held in 2 nd position
L1B	Chassé de côté from 3 rd position, en face, in 4 counts, with simple port de bras (first to 2 nd)
L1C	Chassé en avant from 3 rd position, en face, in 4 counts, with simple port de bras
L1D	Chassé en arriere, from 3 rd position, en face in 4 counts, with simple port de bras
L2A	Chassé from croise or ouverte En avant – arms 1 st , to 1 st arabesque De côté, arms to second En arriere – arms to fourth
L2B	Chassé in 2 counts + demi plié, 1 slide, +transfer weight, 2 close; or 1 demi plié, + slide, 2 transfer, + close En avant, de côté, en arriere En face, croise, or ouvert/efface
L2C	Chassé passé en avant in 4 counts
L2D	Chassé passé en arriere in 4 counts
L3A	Chassé passé en avant or en arriere in 2 counts
L3B	Chassé passé en avant, with change of direction, in 2 or 4 counts
L3C	Chassé passé en arriere, with change of direction in 4 counts
L3D	Chassé passé en arriere, with change of direction, in 2 counts
	Chassé relevé is included in the demi pointe section

Posé (onto whole foot)

L1A	Posé de côté In 4 counts (1 degagé, 2 fondu, 3 posé, 4 close) Arms on waist or held in 2 nd
L1B	Posé en avant, in 4 counts
L1C	Posé en arriere, in 4 counts
L1D	Posé de côté, en avant, en arriere, in 2 counts: + degagé, 1 fondu, + posé, 2 close, or 1 degagé, + fondu, 2 posé, + close
	<i>Posé onto demi-pointe is included in the demi pointe section</i>

Tombé

Barre

Tombe from demi pointe (to degagé a terre or en l'air)	
L2A	En avant
L2B	De côté (away from barre)
L2C	En arriere

Centre

Tombe a terre, from whole foot	
L2A	En avant, a terre, in 4 counts
L2B	De côté In 4 counts: 1 degagé a la seconde, 2 tombe (transfer weight en fondu), 3 stretch supporting leg, 4 close
L2C	En arriere, a terre, in 4 counts
L2D	In 2 counts, en avant, en arriere, de côté Counts: + degagé, 1 tombe, + stretch supporting leg, 2 close 1 degagé, + tombe, 2 stretch supporting leg, + close
Tombe from demi pointe (to degagé a terre or en l'air)	
L3A	En avant
L3B	De côté
L3C	En arriere

Leg extensions

Retiré (and petit retiré)

Barre

L1A	Retiré, from 1 st position Initially, facing the barre, then progress to sideways to the barre
L1A	Retiré devant and derriere
L1B	Retiré passé en avant and en arriere
	<i>Retiré on demi pointe is included in the demi pointe section</i>
L4B	Petit retiré

Centre

L1B	Retiré devant and derriere, arms held in 1 st position
L1C	Retiré passé en arriere and en avant, arms held in 1 st position
	<i>Retiré from demi plié and relevé retiré is included in the pirouette section</i>

Developpé

Barre

L1A	Developpé a la seconde (teach initially facing the barre) Teach in 4 counts: 1 retiré, 2 developpé, 3 lower to degagé, 4 close
L1B	Developpé devant (4 counts)
L1B	Developpé derriere (teaching initially facing the barre) (4 counts)
L1C	Developpé en croix, arm held in 2 nd (4 counts)
L2A	Developpé en croix, with simple port de bras (arm to first on retiré, open to second on developpé, lower to bras bas s the foot closes) Still in 4 counts, but on count 3, hold en l'air, then lower and close on count
L2B	Developpé en croix, with varying arm positions: Devant: arm 5 th Derriere: arm arabesque A la second: arm second
L2D	Enveloppe (reverse developpé) from devant, derriere and a la seconde
L2D	Developpé passé, en avant and en arriere
L3A	Developpé with alternating legs
L3B	Developpé en fondu, en croix or alternating legs
L4A	Developpé en demi point, en croix or alternating legs

Centre

L1C	Developpé a la seconde, en face, arms held in 2 nd position, 4 counts (1 retiré, 2 developpé, 3 lower to degagé, 4 close)
L1D	Developpé devant, en face, arms held in 2 nd position 4 counts
L2A	Developpé derriere, en face or to the side, arms held in 2 nd or third position 4 counts
L2B	Developpé en croix, initially en face, progress to croise Counts for leg: 4 counts (either hold or lower on count 3) Arms held in 2 nd position, or simple port de bras to 2 nd position Counts for arms: 1 lift arms to 1 st , 2 open arms to second, 4 lower arms to bras bas
L2C	Developpé en croix (or ouverte/efface) 4 counts: 1 retiré, 2 developpé, 3 hold, 4 lower to degagé and close Arm positions: Devant – 3 rd or 4 th A la seconde – 2 nd Derriere – 3 rd or 2 nd arabesque
L3A	Developpé ecarte devant (learn a terre first, then en l'air)
L3B	Developpé passé en avant and en arriere
L4A	Developpé en fondu, all positions

Battement fondu

Barre

L2A	Battement fondu a terre, en croix, arm held in 2 nd
L2B	Battement fondu a terre, en croix, with simple port de bras
L2C	En croix en l'air, to 45 degrees, with simple port de bras
L3A	En l'air, alternating legs
L3C	En croix en l'air, with rise to demi pointe on close
L3D	With rise on extension and free port de bras

Centre

3A	En croix, a terre in the centre
3B	En croix, en l'air in the centre
4B	En croix, en l'air, with rise on close
4C	En croix, en l'air, with rise before closing
4D	En croix, en l'air, with rise on extension

Arabesque and attitude

Barre

2C	Arabesque en l'air, derriere Teach initially facing the barre, then progress to sideways to the barre
2D	Attitude devant and derriere (from retiré) Teach initially facing the barre, then progress to sideways to the barre
3B	Attitude devant and derriere on demi pointe
3C	Arabesque allongé en fondu
3D	Balance in attitude devant and derriere on demi pointe
4A	Arabesque Penché

Centre

L2A	First arabesque, a terre
L2B	Second arabesque a terre
L2B	Third arabesque a terre
L2D	Arabesque first, second and third, en l'air
L3B	Attitude ordinaire devant and derriere en l'air (high arm is same as gesture leg)
L3C	Attitude opposition devant and derriere en l'air (high arm is opposite to gesture leg)
L3D	Attitude a deux bras (arms 5 th), a terre and en l'air
L4A	Attitude with arms in fourth crossed, a terre and en l'air, devant and derriere
L4B	Arabesque a dos (twist from waist to show back to the audience), a terre, en fondu
L4C	Arabesque allongé
L4D	Arabesque penché

Renverse

Barre

L4D	Renversé
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Centre

L5B	Renversé
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Change of direction

Degagé with change of direction

Centre

L2B	With change of direction from croise Start croise, degagé back foot to second, pivot en face, close devant croise
L2D	With change of direction from ouverte Start ouverte, degagé back foot to second, pivot en face, close derriere ouverte
L3A	With change of direction from croise Start croise, degagé front foot to second, pivot en face, close derriere croise
L3B	With change of direction from ouverte Start ouverte, degagé front foot to second, pivot en face, close devant ouverte
L3C	Degagé devant with quarter turn en dehor – start croise, turn towards front foot, full rotation (ie 4 degagé), 2 counts/degagé
3D	Degagé devant with quarter turn en dedan
4A	Degagé a la seconde, with quarter turn – en dehor and en dedan

Rotation

Barre

Rotation towards the barre, a terre , with straight supporting leg	
2C	Quarter turn From devant (sideways to the barre) to a la seconde (facing barre) From a la seconde (facing the barre) to derriere (sideways to the barre) From derriere (sideways to to the barre) to a la seconde (facing the barre) From second (facing the barre) to devant (sideways to the barre)
2D	Half turn Rotation from devant (sideways to the barre) through second (facing barre) to derriere (sideways to the barre) Rotation from derriere (sideways to the barre) through second (facing the barre) to devant (sideways to the barre)
Rotation towards the barre, a terre , with fondu, half turn	
3A	From devant, through seconde, to derriere starting with straight leg and ending en fondu

	starting en fondu and ending with a straight supporting leg
3B	From derriere, through second, to devant starting with straight leg and ending en fondu starting en fondu and ending with a straight supporting leg
Rotation towards the barre, en l'air , gesture leg 45 degrees, half turn	
3C	With straight supporting leg From devant, through second, to derriere From derriere, through second, to devant
3D	With fondu (either start or end en fondu) From devant, through second, to derriere From derriere, through second, to devant

Centre

L3A	Rotation a terre, straight supporting leg, from devant to derriere derriere to devant
L3B	Rotation a terre, supporting leg either from straight to fondu, or from fondu to straight devant to derriere derriere to devant
L3D	Rotation en l'air (45 degrees), straight supporting leg devant to derriere derriere to devant
L4A	Rotation (derriere to devant) with $\frac{3}{4}$ turn

Fouetté of adage

Barre

L3B	Developpé to second (sideways to the barre) and pivot to arabesque (3 pivots) to face the barre)
L3D	Fouetté of adage from devant to derriere, start sideways to the barre, pivot towards the barre
L4A	Fouetté of adage from derriere to devant, start sideways to the barre, pivot towards the barre

Centre

Fouetté of adage, en l'air (gesture leg 90 degrees)	
L4C	From second to derriere
L4D	From second to devant
L5A	From devant to second
L5B	From derriere to second
L5C	From devant, through second, to derriere
L5D	From derriere, through second, to devant

Fouetté

Barre

3B	Fouetté a terre en dehor from degagé (degagé devant, then quickly change body (whipping around) direction to the opposite side, and rotating the leg into degagé derriere a terre – finish en fondu or on straight leg
3C	Fouetté a terre en dedan from degagé (degagé derriere, fouetté to rotate leg into degagé devant)
3D	Fouetté en l'air en dehor from degagé, on flat, leg at 45 degrees
4A	Fouetté en l'air, en dedan from degagé, on flat, leg at 45 degrees
4B	Fouetté en l'air, en dehor, from posé, on demi pointe, leg at 45-90 degrees
4C	Fouetté en l'air en dedan, from posé, en demi pointe, leg at 45-90 degrees
5B	Fouetté en l'air en dehor from relevé (devant to derriere)
5C	Fouetté en l'air en dedan from relevé (derriere to devant)

Centre

3C	Fouetté a terre en dehor from degagé (degagé devant, then quickly change body (whipping around) direction to the opposite side, and rotating the leg into degagé derriere a terre – finish en fondu or on straight leg
3D	Fouetté a terre en dedan from degagé (degagé derriere, fouetté to rotate leg into degagé devant)
4A	Fouetté en l'air en dehor from degagé, on flat, leg at 45 degrees
4B	Fouetté en l'air, en dedan from degagé, on flat, leg at 45 degrees
4C	Fouetté en l'air, en dehor, from posé, on demi pointe, leg at 45-90 degrees
4D	Fouetté en l'air en dedan, from posé, en demi pointe, leg at 45-90 degrees
5A	Fouetté sauté en dehor (devant to derriere)
5B	Fouetté sauté en dedan (derriere to devant)
5C	Fouetté en l'air en dehor from relevé (devant to derriere)
5D	Fouetté en l'air en dedan from relevé (derriere to devant)

Promenade

Centre

Gesture leg attitude or arabesque	
L4A	Promenade en dehor, gesture leg derriere
L4B	Promenade en dehor, gesture leg devant
L4C	Promenade en dedan, gesture leg derriere
L4D	Promenade en dedan, gesture leg devant

Demi pointe

Elevé

Barre

L1A	Rises in first and second position
L1B	Rises in third position (without drawing into sous sous)
L1C	Rise (from third to sous sous)
L1D	Rise from fourth (opposite third)
L2A	from 3 rd to sous sous, then lift front leg to retiré
L3A	Rises on 1 leg, gesture leg petit retiré or retiré
3B	Rises on 1 leg, gesture leg petit developpé on rise, en croix
L4A	Rises in attitude derriere en l'air

Centre

L1B	Elevé in first and second
L1C	Elevé in third (without drawing into sous sous)
L1D	Elevé in fourth
L2A	Elevé from third to sous sous and balance
L3A	Elevé / rise from third to sou sous, arms from bras bas up to fifth for four counts, hold for another four counts

Balance on demi pointe

Barre

Duration of balance will start at 2 counts, and progress to longer periods for higher levels

Balances will start facing the barre, and progress to sideways to the barre

Initially, balance will be with hands on the barre, and progress to be held in 1st, 5th, 2nd, or 4th crossed

L1A	Balance on demi pointe in first, second or third position
L1C	Balance on demi pointe in fourth position
L2D	Balance on demi pointe in retiré devant or to the side
L3A	Balance on demi pointe in retiré derriere
L3B	Balance on demi pointe in petit retiré
L3C	Balance on demi pointe in arabesque or attitude derriere
L3D	Balance on demi pointe in attitude devant or with leg extended en l'air devant
L4A	Balance on demi pointe in second position

Relevé

From two feet to two feet

Barre

L1B	Relevé in first and second
L1C	Relevé third (barre) – facing or sideways to the barre
L1D	Relevé fourth (barre)
L2A	Relevé from third to sous sous (facing or sideways to the barre)
L2B	Echappé relevé a la second, facing barre, accent up $\frac{3}{4}$
L2C	Echappé relevé en croix (sideways to the barre)
L3C	Relevé from fifth into sou sous(barre)

Centre

L1C	Relevé first, second, with hold / balance for 4 counts
L2A	Relevé third and fourth
L2D	Echappé relevé to second and relevé fifth en demi pointe, accent up, centre
L3A	Echappé relevé en croix (centre)

From two feet to one foot

Barre

L2C	Relevé retiré devant and derriere (facing barre)
L2D	Relevé retiré passé en avant and en arriere (facing barre)
L3A	Relevé retiré devant, derriere, and passé en avant and en arriere (sideways to the barre)
L3C	Relevé passé en avant with half turn, en dedan
L3D	Relevé passé en avant with half turn, en dehor
L4B	Relevé passé en avant with half turn en dedan, followed by relevé pass en avant with half turn en dehor

Centre

L2D	Relevé retiré devant and derriere
L3A	Relevé retiré passé en avant and passé en arriere

From one foot

Barre

L4A	Relevé from one foot, gesture leg petit retiré
L4C	Relevé from one foot, gesture leg petit developpé en croix

Pas de bourree

Pas de bourree can be done with cou-de-pied, degage, or petit developpé preparation
Starting with back or front foot

Close on straight legs or demi plié

Performed en face or used to change direction from corner to corner

Barre

L1A	Pas de bourree under (back side front) Cou-de-pied derriere or degage preparation At the barre, facing barre in 4 counts
L1B	Pas de bourree, over (front side back) Cou-de-pied devant or degage preparation Timing as per L1A
L2D	Pas de bourree pique (barre) in 4 counts
L3A	Pas de bourree pique (facing the barre) in 2 counts
L4A	Pas de bourree pique with half turn

Centre

L1B	Pas de bourree, under (back side front)
L1C	Pas de bourree, over (front side back)
L1D	Pas de bourree, derriere
L2A	Pas de bourree, devant
L3A	Pas de bourree en avant
L3B	Pas de bourree en arriere
L3A	Pas de bourree pique devant
L4A	Pas de bourree pique derriere
L4A	En tournant under
L4B	En tournant derriere
L4C	En tournant over
L4D	En tournant devant
L3A	Pas de bourree couru sur le place
L3B	Pas de bourree couru en tournant
L3C	Pas de bourree couru de côté
L3D	Pas de bourree couru en avant or en arriere

Demi detourné

Barre

L2A	Demi-detourné, towards the barre
L3A	Demi-detourne, away from the barre

Centre

L2D	Demi-detourné, in the centre
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Posé on demi pointe

Barre

L2A	Posé coupé with straight leg, de côté on demi pointe at the barre, with gesture foot retiré derriere
L2B	Posé coupé en avant with straight leg, (sideways to the barre), with gesture foot retiré derriere
L2C	Posé coupé en arriere with straight leg, (sideways to the barre), with gesture foot retiré devant
L3A	Combination of posé coupé en avant, en arriere, and de côté, with petit developpé into posé
L3C	Posé into arabesque on demi pointe

Centre

Posé coupé in each direction can first be taught with a posé onto the whole foot, progressing to performing the posé onto demi-pointe

Unless stated otherwise, the gesture leg will be in retiré derriere

L2B	Posé coupé de côté
L2C	Posé coupé en avant
L2D	Posé coupé en arriere (retiré derriere)
L3A	Posé into first arabesque – prepare with straight leg or petit developpé
L3B	Posé into second arabesque – prepare with straight leg or petit developpé

Coupé fouetté raccourci

Barre

L3B	Coupé, fouetté raccourci, facing the barre
L3C	Coupé fouetté raccourci in 2 counts, sideways to the barre

Centre

L3D	Coupé fouetté raccourci
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Turns

Partial and full turns can be practiced at the barre when initially taught, and progress into the centre

Pirouettes en dehor

1D	Learning to spot
L2A	Preparation for pirouette en dehor from 3 rd position Retiré passe on flat foot, arms held 1 st Plié, retiré passé on flat foot, arms held 1 st Plié, retiré passé on flat foot, arms from 3 rd to 1 st (on retiré) Plié, retiré passé on relevé from, arms from 3 rd to 1 st (on retiré)
L2B	Quarter, half and single turns from 3 rd position
L3A	Single pirouette from 4 th position, ending in grand fourth
L4A	Double pirouettes en dehor, from 4 th or 5 th position
L5A	Single pirouette en dehor finishing in open position (attitude derriere or arabesque)
L5B	Single pirouette en dehor, finishing in open position (devant)
L5C	Single pirouette en dehor, finishing in open position (second)
L5D	Triple pirouettes
L6A	Double pirouettes, finishing in open position

Assemblé soutenu en tournant

L2D	Demi detourné (also listed in demi pointe section)
L3B	Assemblé soutenu en tournant en dedan, from a small lunge

L3D	Assemblé soutenu en tournant en dedan, prepare with degagé a la seconde en fondu
L4A	Posé, assemblé soutenu en tournant, en dedan
L4B	Assemblé soutenus en tournant, en dehor

Pirouettes en dedan

L3C	Preparation for pirouette en dedan
L3D	Pirouette en dedan single turn, arms in 1 st position in turn
L4C	Pirouette en dedan, single turn, arms in 5 th position in turn
L4D	Pirouette en dedan, single turn, gesture leg in arabesque or attitude, arms in 4 th or arabesque
L4D	Pirouette en dedan, double turn, arms in 1 st position turn
L5A	Pirouette en dedan, double turn, arms in 5 th position in turn
L5C	Pirouette en dedan, double turn, gesture leg in arabesque or attitude, arms in 4 th or arabesque
L5D	Pirouette n dedan, single finishing in open position (derriere)
L6A	Pirouette en dedan, single, finishing in open position (devant)
L6B	Pirouette en dedan, single, finishing in open position (second)
L6C	Pirouette en dedan, double, finishing in open position

Turns on diagonal

When first introduced, dancers will perform 1-2 consecutive turns, and build up to more consecutive turns as they progress through the levels

Turns can be performed corner to corner (en diagonal), but may first be learnt from side to side starting their preparation en face

L2C	Chaîné turn (with chassé or posé preparation)
L2D	Petit pas de basque en tournant
L3A	Posé turns en dedan
L3C	Posé turns en dehor (lame duck)
L4A	Relevé passé by half turn

Fouetté rond de jambe en tournant

Barre

3B	Preparation for fouetté rond de jambe, in 4 counts Begin keeping supporting leg straight and on whole foot Progress to adding a fondu on extension devant and straighten supporting leg on rond to second Progress to adding relevé on the rond to second
3C	Preparation for fouetté rond de jambe en tournant Add a single turn on the last fouetté rond de jambe in the set Progress to add a turn to each fouetté rond de jambe

Centre

3D	Preparation for fouetté rond de jambe in the centre Begin keeping supporting leg straight Progress to adding fondu Progress to adding relevé
4A	Execute two fouetté rond de jambe en tournant in the centre, starting from fourth position
4B	Execute four fouetté rond de jambe en tournant in the centre, starting from fourth position
4C	Execute eight fouetté rond de jambe en tournant in the centre, starting from fourth position
L5D	Execute 16 fouetté rond de jambe en tournant
L6D	Execute 32 fouetté rond de jambe en tournant

Walks and runs

L1A	Walks on demi pointe
L1B	Lifted walks
L1C	Extended walks
L2A	Running

Steps of elevation / Allegro

Jumps from two feet to two feet

L1A	Sauté in first in 4 counts (plié, sauté, plié, stretch)
L1B	Sauté in first, three in a row, with stretch between the third and next set
L1C	Sauté in second
L2A	Changement, 2/4 or 6/8
L2B	Soubresaut
L2C	Echappé sauté a la seconde
L2D	Echappé sauté en croix Arms en avant in fourth, a la seconde in second

Jeté (springs/leaps)

Spring points	
L1A	Spring points, arms held in demi seconde or demi bras
Petit jete	
L1A	Petit jeté derriere, arms held in demi seconde or demi bas
L2A	Petit jeté devant
L3B	Petit jeté passé en arriere
L3C	Petit jeté passé en avant
L3D	Petit jeté passé en avant by half turn (2 jetés, ie one full turn)
Jeté ordinaire	

L2A	Jeté ordinaire, derriere
L2C	Jeté ordinaire, devant
L3A	Jeté ordinaire, en avant
L3B	Jeté ordinaire, en arriere
Grand jete	
L3C	Grand jeté en avant, preceded by three runs or gallop (split leap)
L3D	Saut de chat (flick leap)
L4A	Grand jeté en tournant
L4D	Jeté rond de jambe sauté – singles en avant (en dedan) and en arriere (en dehor)
L4D	Temp de fleche

Temp levé (hop)

L1C	Posé, temp levé (posé de côté), with gesture leg low attitude devant
L3A	Jeté (petit jeté or jeté ordinaire), temp levé
L3B	Posé, temp levé arabesque
L3C	Chassé en avant, temp levé arabesque

Gallops and polka

	Side gallops
L1A	Side gallops
L1B	Hop, side gallop, step pointe devant, en fondu Hands on waist, or held in demi seconde or demi bras
L1C	Hop, side gallop, step pointe devant, en fondu Arms in second on gallop, and third on pointe fondue
L1D	Hop, side gallop, posé de côté temp levé, gesture leg in low attitude devant
	Forward gallops
L1A	Forward gallops, alternating legs
L1B	Hop, forward gallop
L1C	Hop, forward gallop, with arm gesture on each gallop
	Polka
L1C	Polka, en avant
L1D	Polka, de côté

Glissade

L2A	Glissade derriere
L2B	Glissade devant
L2C	Glissade over
L2D	Glissade under
L4A	Glissade en avant
L4B	Glissade en arriere

Assemblé

L2B	Assemblé over
L2D	Assemblé under
L3A	Assemblé devant and derriere
L3C	Petit assemblé, devant and derriere
L4A	Assemblé en avant
4B	Assemblé en arriere
4C	Assemblé porté

Pas de basque

L1C	Petit pas de basque (like a balancé de côté, but second step is devant rather than derriere)
L1D	Petit pas de basque en avant (travelling forward on the second two steps)
L2A	Preparation for pas de basque glissé en avant – glissade de côté under (start with front foot and close devant), chassé en avant to degagé derriere, close 3rd
L2B	Pas de basque glissé en avant, en face
L2C	Pas de basque glissé en avant, with change of direction (quarter turn)
L2D	Pas de basque sauté en avant, with change of direction
L3A	Preparation for pas de basque glissé en arriere – glissade de côté over (start back foot and close derriere), chassé en arriere to degagé devant, close 3 rd
L3B	Pas de basque glissé en arriere, en face
L3C	Pas de basque glissé en arriere, with change of direction (quarter turn)
L3D	Pas de basque sauté en arriere, with change of direction
L4A	Grand pas de basque, en avant
L4B	Grand pas de basque, en arriere
L4C	Saut de basque (jeté ordinaire devant, with a full turn)

Sissone

L2C	Sissone ordinaire devant ,derriere,
L2C	Sissone ordinaire passé en avant and en arriere
L3A	Sissone ouverte, en avant Arms to demi bras, arabesque, or fourth (front or back arm high)
L3A	Sissone fermé, en avant (same arms as ouverte)
L3B	Sissone ouverte, en arriere
L3C	Sissone fermé, en arriere
L3D	Sissone fermé de côté, over and under
L4A	Sissone changé ouverte, en avant
L4B	Sissone doublé under, with front foot
L4C	Sissone doublé over, with back foot
L4D	Sissone ouvert changé, en arriere

L5A	Temps de cuisse in 2 counts – French (with petit retiré passé) en avant, en arriere, over and under, Italian (with degagé) over and under
L5B	Sissone fermée changé, en avant and en arriere

Ballonnes

L3A	Ballonné simple en avant, centre
L3B	Ballonnés composé en avant (ballonné simple, chassé en avant to degagé derriere, and close 5th)
L3C	Ballonné simple, en arriere
L3D	Ballonné compasé en arriere (ballonné simple, chassé en arriere to degagé devant, and close 5th)
L4A	Ballonné simple de côté
L4B	Ballonné composé de côté

Ballotté

L5A	Ballotté en avant
L5B	Ballottée en arriere

Fouetté

See 'Change of direction' section for fouetté sauté

Other

L2C	Pas de chat, derriere
L2B	Simple coupé, over and under
L3B	Demi contretemps
L3C	Demi contretemp, assemblé over
L3C	Chassé, temp levé in arabesque
3D	Coupé fouetté raccourci sauté
L4A	Full contretemps, coupé chassé preparation
L4B	Full contretemp, rond de jambe preparation

Balancé and waltzes

L1A	Balancé de côté derriere (crossing the foot to the back), arms in demi bras, third or fourth
L1B	Balancé de côté devant (crossing the foot to the front), arms in demi bras, third, or fourth
L1C	Balancé en avant
L1D	Balancé en arriere
L2A	Balancé en avant and en arriere

L2B	Combine de côté and en avant / en arriere
L2C	Balancé de côté with quarter turn (turn inwards)
L2D	Balancé de côté with quarter turn (turn outwards)
L3A	Balancé de côté with half turn (inwards and outwards)
L3B	Pas de valse en avant (continues to travel forward, unlike the balancé en avant with one step forward and two on the spot) preparation for waltz turn
L3B	Pas de valse en arriere
L3B	Pas de valse en avant and en arriere without turning (moves forward and back)
L3C	Pas de valse en tournant (waltz turn)
L4A	Pas de valse with inward turn, arms in crossed 4th

Batterie

See separate document (Batterie development)

Batterie starts in L4A

Pointe

See separate document Pointe development

Pointe is a separate syllabus, and can be started once a dancer has completed at least one year of ballet and then pre-pointe.

Reverence

L1A	Simple curtsey (step to side, place foot in coupé derriere, arms to demi bras) Simple bow (step to side, join feet in first position, arm through 1 st to 2 nd position)
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Part 3: Breakdown by Level

CHEAT SHEET

Step breakdown by level

Level 1

Barre	Centre	Movement
L1A	Barre	Demi plie
		Battement tendu
		Grand battement
		Retire
		Develope
		Pas de bourree
	Centre	Degage
		Temp lie
		Chasse
		Pose
		Walks
		Saute
		Petit jete
		Gallops
Balance de cote		
L1B	Barre	Grand plie
		Eleve
		Releve 2-2
	Centre	Temp leve (hope)
L1C	Centre	Polka
		Pas de basque
		Balance en avant and en arrirer

Level 2

Barre	Centre	Movement
L2A	Barre	Battement glisse
		Rond de jambe a terre
		Assemble soutenu
		Tombe
		Battement fondu
		Demi detourne
		Pose en demi pointe
	Centre	Arabesque a terre
		Pirouette en dedan preparation
		Changement
Jete ordinaire		
Glissade		
L2B	Barre	Cambre
		Battement soutenu
		Battement frappe
	Centre	Soubresaut
		Assemble
		Simple coupe
L2C	Barre	Demi grand rond de jambe
		Arabesque en l'air
		Rotation
		Releve retire 2-1
	Centre	Chaine turn
		Echappe saute
		Sissone ordinaire
		Pas de chat
		Balance with turns
L2D	Barre	Attitude
	Centre	Assemble soutenu en tournant
		Petit pas de basque en tournant

Level 3

Barre	Centre	Movement
L3A	Barre	Grand rond de jambe
	Centre	Pirouette en dehor
		Pose turne en dedan
		Sissone (splitting legs)
		Ballonne
L3B	Barre	Battement frappe fouette
		Fouette of adage
		Fouette
		Coupe fouette raccourci
		Fouette rond de jambe en tournant – preparation
	Centre	Demi contretemp
		Pas de valse
L3C	Barre	Rond de jambe en l'air
	Centre	Pirouette en dedan
		Pose turn en dehor (lame duck
		Grand jete
L3D	Barre	Petit battement
	Centre	Coupe fouette raccourci saute
L4A	Barre	Releve on one foot 1-1
	Centre	Promenade
		Releve passe by half turn
		Fouette rond de jambe en tournant
		Full contretemp
		Batterie

Levels 4 and 5

Barre	Centre	Movement
L4B	Centre	Sissone double
L4D	Barre	Renverse
L5A	Centre	Temp de cuisse
		Ballottee

Level 1

Ballet steps: Level 1A

Basics

Arm positions	Bras bas, first, second, third, fourth, fifth, demi seconde, demi bras
Positions of the feet	Weight on 2 feet First, Second, Third, Fourth opposite third
	Weight on 1 leg A la seconde (to the side) À la Quatrième ('to the fourth' – can be devant or derriere) Cou-de-pied derriere
Directions of the limbs	Devant, derriere, a la seconde
Body facing	En face
Direction of movement	En avant, en arriere, de cote
Patterns of leg movement	En croix
Level of legs	A terre (except developpe, which is en l'air at 45 degrees)
Head positions	Head erect (looking straight ahead)
Head coordination	Encourage the dancer to look at their hand as it moves

Barre

Arms	Facing barre, arms rest lightly on the barre
	Sideways to barre, simple port de bras from bras bas, through first, to second, as preparation for an exercise
	Arm held in second throughout exercise, close to bras bas at end
Plie	Demi plie, first and second and third position Begin facing the barre, then progress to sideways to the barre, with arm held in 2 nd position or simple port de bras (bras bas, first, second, bras bas)
Foot articulation	Stretching (plantar flex) and flexing (dorsiflex), progressing to do so with foot articulation Facing the barre in parallel devant and turned out second

Battement tendu	Battement tendu devant in parallel and second in turn out Facing the barre Begin taking 4 counts for each tendu, and progress to 2 counts/tendu
	Battement tendu en croix Sideways to the barre Arm held in second position Begin taking 4 counts for each tendu, and progress to 2 counts/tendu
Degage	Degage a la seconde to change between first, second, and third positions
Retire	Retire, from 1 st position Initially, facing the barre, then progress to sideways to the barre Retire devant and derriere
Developee	Developee a la seconde, facing barre, leg 45 degrees (or lower)
Grand battement	Grand battement en croix, to be developed as follows: In four counts, close in first position <ul style="list-style-type: none"> • Facing barre a la seconde • Sideways to the barre devant • Sideways to the barre combine devant and a la seconde • Facing barre derriere • Sideways to the barre derriere • Sideways to the barre en croix Outside hand is on waist In four count, close in third position Add holding the arm in second position Increase speed to complete each battement in two counts
Eleve	Rises in first and second position
Balance on demi pointe	Facing the barre Balance on demi pointe in first and second position
Pas de bourree	Pas de bourree can be done with cou-de-pied or degage (swish) preparation Starting with back or front foot Close on straight legs or demi plie Pas de bourree under (back side front) At the barre, facing barre in 4 counts

Centre

Port de bras	Learn the 8 basic positions – bras bas, demi seconde, demi bras, first, second, third, fourth, fifth
	Port de bras pathways 1, 2, 3, and 4 1. Bras bas → demi seconde → bras bas 2. Bras bas → first → demi bras → bras bas 3. Bras bas → first → second → bras bas 4. Bras bas → first → fifth → second → bras bas
Step point	Step point (step to side, and then point other foot devant, fondu supporting leg) Arms on waist, or held in demi bras or demi seconde Step together, step pointe (arms as per 'step point')
Degage	Degage a la seconde to change between first and second positions From first or third, degage to second, lower second From second position, degage back to first or third 4/4, one to a barre, In 4 counts and 2 counts Arms held demi bras or using simple port de bras (pathways 2 or 3)
Temp lie	Temps lie a terre, de côté, en face Commence and finish in 3 rd position Perform in 4 counts (1 degage, 2 demi plie, 3 transfer weight, 4 close) Arms on waist or held in 2 nd position
Chasse	Chasse de côté, en face Commence and finish in third position Perform in 4 counts (1 demi plie, 2 slide, 3 transfer weight, 4 close) Arms on waist or held in 2 nd position
Pose	Pose onto whole foot Pose de côté, en face Perform in 4 counts (1 degage, 2 fondu, 3 pose, 4 close) Arms on waist or held in 2 nd position
Walks	Walks on demi pointe
Saute	Saute in first in 4 counts (plie, saute, plie, stretch)
Spring points	Spring points, arms held in demi seconde or demi bras
Petit jete	Petit jete derriere, arms held in demi seconde or demi bas
Gallops	Side gallops Forward gallops, alternating legs
Balance	Balance de cote derriere (crossing the foot to the back)
Reverence	Simple curtsey (step to side, place foot in coupe derriere, arms to demi bras) Simple bow (step to side, join feet in first position, arm through 1 st to 2 nd position)

Ballet Set Exercises - Level 1A

The content below specifies the exercises dancers are expected to be able to do by the end of the level 1A. Many of the exercises may involve a build up over the weeks to achieve the final exercise

This document includes the final exercises and enchainment to be achieved to have passed the level.

Barre

Battement tendu

Start sideways to the barre, feet 3rd position, arm bras bas

5-8	Prepare arm from bras bas to first, and second
12	Battement tendu devant
34	Battement tendu à la seconde, close derriere
45	Battement tendu derriere
78	Battement tendu à la seconde, close devant
	Lower arm to bras bas

Plié

Start sideways to the barre, feet first position, arm bras bas

5-8	Prepare arm from bras bas through 1 st , to 2 nd position
1-6	3x demi plié in 1st position
78	Dégagé à la second, lower into second position
1-8	Repeat in 2 nd position, dégagé and close devant into 3 rd position
1-8	Repeat in 3 rd position, dégagé and close into 1 st position
	Lower arms to bras bas

Retiré

Start sideways to the barre, feet third position, outside arm bras bas

5-8	Prepare outside arm from bras bas to first, and second
	Retire devant
12	Retiré (little toe placed under the knee of the supporting leg - devant or derriere)
34	Hold
56	Lower to close devant in 3 rd position
78	Hold
	Retire passe en arriere
12	Retiré (big toe placed to side of knee – not devant or derriere)
34	Hold
56	Lower to close derriere in 3 rd position
78	Hold
	Retire derriere

12	Retiré (big toe placed to behind the knee of the supporting leg - devant or derriere)
34	Hold
56	Lower to close derriere in 3 rd position
78	Hold
	Retire passe en avant
12	Retiré (big toe placed to side of knee – not devant or derriere)
34	Hold
56	Lower to close devant in 3 rd position
78	Hold
	Lower arms to bras bas

Developpé

Start facing the barre in 1st position, arms bras bas

5-8	Place hands lightly on the barre
12	Retiré
34	Developpé à la seconde
56	Hold
7	Lower to degagé à la seconde
8	Close back into 1 st position
1-8	Repeat with the other leg
	Lower arms to bras bas

Grand battement

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second
12	Grand battement devant
34	Grand battement à la seconde, close derriere
56	Grand battement derriere
78	Grand battement à la seconde, close devant
	Lower arms to bras bas

Elevé (and balance)

Start facing the barre, feet first position, arms bras bas

5-8	Place hands on the barre
1-8	4 elevé in first position
1	Rise
2-4	Balance
56	Lower heels
7	Degagé à la seconde
8	Lower into second position
2x8	Repeat in 2 nd position, closing back to 1 st position at the end
	Lower arms to bras bas

Pas de bourree under (back side front)

Start facing the barre, feet third position, arms bras bas

5-8	Place hands on the barre
1-4	Pas de bourree in 4 counts, starting with lifting the back foot into cou-de-pied derriere, and ending in demi plié
5-8	Stretch and wait
1-8	Repeat on other side
2x8	Repeat sides, taking a degagé (swish) preparation

Centre

Port de bras

Port de bras 1

Start en face, feet first position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bas
12	Lift arms to 1 st position and open to 2 nd position
3	Bring R arm across into 3 rd position
4	Lift R arm up into 4 th position
5	Lift L arm up into 5 th position
6-8	Open arms out to lower back to bras bas
1-8	Repeat, moving L arm to make 3 rd and 4 th positions
1-4	Lift arms to first and open to demi bras
56	Hold
78	Allongé, and lower back to bras bas

Port de bras 2

Start en face, feet first position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bas
1	Lift arms to 1 st
2	Open to 2 nd
3	Allongé
4	Lower to bras bas
5-8	Repeat

Port de bras 3

Start en face, feet first position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bas
12	Lift arms to 1 st and continue up to 5 th position
34	Open out to 2 nd
56	Allongé
78	Lower to bras bas

Positions of the feet and degagé

Start en face, feet first position, arms bras bas

5-8	Prepare arms to 2 nd position
1	Degagé R leg to 2 nd
2	Lower into 2 nd position
3	Degagé R leg
4	Close into 3 rd position devant
5	Degagé R leg devant
6	Lower into 4 th position (opposite 3 rd)
7	Degagé R leg devant
8	Close in 3 rd position
1	Degagé R leg to 2 nd
2	Lower into 2 nd position
3	Degagé R leg
4	Close into 3 rd position derriere
5-8	Simple port de bras (bras bas, first, second)
2x8	Repeat on other side

Weight transference

Temp lie a terre (de côté)

Start en face, feet third position, arms bras bas

12	Degagé R leg à la seconde, lift arms to 1 st position
34	Lower into demi plié in 2 nd position
56	Transfer weight into R leg, stretch L degagé à la second, open arms to 2 nd position
78	Close L foot devant to 3 rd position, lower arms to bras bas
1-8	Repeat to the L

Chassé (de côté)

Start en face, feet third position, arms bras bas

12	Demi plié, lift arms to bras bas
34	Slide R foot out to demi plié in 2 nd position
56	Transfer weight into R leg, stretch L degagé à la second, open arms to 2 nd position
78	Close L foot devant to 3 rd position, lower arms to bras bas
1-8	Repeat to the L

Posé (de côté) onto whole foot

Start en face, feet third position, arms bras bas

12	Degagé R foot à la second
34	Fondu
56	Transfer weight into R leg, stretch L degagé à la second, open arms to 2 nd position
78	Close L foot devant to 3 rd position, lower arms to bras bas

1-8	Repeat to the L
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Step point

Start en face, feet third position (R foot devant), arms bras bas

5-8	Prepare arms to demi seconde
12	Step to R, place L foot in degagé devant, en fondu
34	Repeat to L
56	Step to R, close L in 1 st position
78	Step to R, place L foot in degagé devant, en fondu
1-8	Repeat to L
	Stretch supporting leg, close back into 1 st position, lower arms to bras bas

Walks en demi pointe

Walks can be performed travelling from upstage to downstage, en diagonal, or in a circle.

Start RDB, 3rd croise

56	Degagé L foot devant a terre, prepare arms to demi seconde
78	Fondu
2x8	16 walks en demi pointe
12	Step forward, place back foot degage derriere
34	Close back foot into 3 rd position
5-8	Lower arms to bras bas

Allegro

Sauté in 1st position

Start en face, 1st position, arms bras bas

1	Demi plie
2	Saute
3	Land (in demi plie)
4	Stretch legs
5-8	Wait
3x8	Repeat x3

Spring points

Start en face, feet in 1st position

1-4	Prepare arms to demi second
56	Degagé R foot devant a terre
78	Fondu
1-3	3 spring points LRL
4	Hold
5-7	3 spring points RLR
8	Hold

2x8	Repeat x2
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Petit jeté

Start en face, start in B plus with weight on L leg

5-8	Prepare arms to demi second, plié on 8
1-3	3 petit jeté RLR
4	Hold
5-7	3 petit jeté LRL
8	Hold

Forward gallops

Can be performed travelling from upstage to downstage, en diagonal, or in a circle.

Start in LDB, feet in 3rd position croise

56	Degagé front foot devant, prepare arms to demi bras
78	Fondu
1+2	Forward gallop
	Repeat, alternating legs

Side gallop and step point

Start en face, 1st position

56	Degagé R à la seconde a terre, arms to demi seconde
78	Fondu
1-4	Step, together, step side to R, and point L devant a terre
5-8	Repeat to L
1-8	Repeat
1-4	4 side gallops
56	Step to side with R, point L devant a terre
78	Wait
1-8	Repeat to L
2x8	Repeat R, L
34	Close working leg, arms to bras bas

Balancé de côté

Start en face, feet in third position (R devant), arms bras bas

6+a	Lift arms to first position
7+a	Open to 3 rd position by opening L arm
8+a	Degagé R foot to second a terre
1-8	4 balancé, alternating arms to opposite third position on each balancé
5-8	4 balancé, alternating arms to fourth on each balancé
12	Step to R, L leg degagé to second, open R arm to make second position
34	Close L arm to make third position
	Repeat on other side

	At end, close feet to third position, and lower arms to bras bas
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Rèverence

Offer two options for reverence – the traditionally female and traditionally male. Participants can choose with one they prefer.

Traditionally female version

Start in with feet in 1st position, arms bras bas

5-8	Prepare arms through 1 st to demi seconde
12	Step to R with R foot
34	Place L foot behind (into B plus)
56	Fondu supporting leg
78	Stretch supporting leg
1-8	Repeat to L
1-4	Return feet to 1 st position, lower arms to bras bas

Traditionally male version

Start in with feet in 1st position, arms bras bas

5-8	Prepare arms through 1 st to demi seconde
12	Step to R with R foot
34	Join L foot back into 1 st position
56	Bow head forward
78	Return head to upright
1-8	Repeat to L
1-4	Lower arms to bras bas

Enchaînement

Enchaînement 1;

'Adage 3 (Romeo and Juliet)' from 'Ballet Class Music. The Great Ballets' Vol 2 by Nate Fifield

Start at back, en face, feet in 1st position, arms held in demi seconde

Prep	Degage R foot devant, fondu
1+a 2+a 3+a	9 walks en avant en demi pointe
4+a	Step forward onto R foot, and close L into 1 st position, lower arms to bras bas
5-8	Lift arms through 1 st to 5 th and out to 2 nd , then bring R arm into 3 rd
1+a 2+a	Open R arm to 2 nd , bring L arm into 3 rd
3-8	Repeat x3, alternating sides
1-4	4 x balancé de côté alternating sides (RLRL), arms in 3 rd position (also alternating)
5-8	4 x posé de côté, alternating sides (RLRL), arms held in 2 nd position
1-8	2 x step together, step point, alternating sides (RLRL), arms lowered to and held in demi seconde

Enchaînement 2

'Tendu 2 (Giselle)', from 'Ballet Class Music. The Great Ballets', Vol 2 by Nate Fifield

Start LDB, ouverte degagé devant, arms held in demi seconde

Prep	Fondu
1-4	4 x gallops forward, arms held in demi seconde
5-8	2x Step together, step point, alternating RLRL
1-4	2x side gallop, step point to R
5-8, 1-8	Repeat side gallops section 3x (LRL), but close last gallop to 1 st position (instead of pointing), and lower arms to bras bas
1-8	4x Temp lie de côté (RLRL), lift arms to 1 st and open to 2 nd on first temp lie, hold in 2 nd position, lower to bras bas with end of 2 nd temp lie
1-4	Chassé de côté to R (end with degage a la second, don't close into 1 st), lift arms to 1 st , and open to 2 nd
5-8	Allongé arms and lower to bras bas
1-4	Lift arms to 1 st , and open to 4 th , with R arm high
5-8	Open L arm to 2 nd , and lower both arms to bras bas
3x8	Repeat previous 3x8

Enchaînement 3

'Little Jumps (Swan Lake)' from 'Music for Ballet Class. The Great Ballets', Vol 2 by Nate Fifield

Start en face in 1st position, arms bras bas

Prep	Degagé R foot devant, and fondu, lift arms to demi seconde
123(4)	3 spring points, alternating legs – spring onto RLR
5-8	Repeat on other side LRL

123(4)	3 petit jeté – spring onto RLR
5-8	Repeat
1-4	Extend R to degage a la seconde, and close into 1 st position, lower arms to bras bas
5-8	One sauté in 1 st in 4 counts
1-8	2x sauté

Ballet steps: Level 1B

Basics

Arm positions	As per previous level
Positions of the feet	Weight on 2 feet As per previous level
	Weight on 1 leg Cou-de-pied devant
Directions of the limbs	As per previous level
Body facing	Croise
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head positions	Turn (right or left)
Head coordination	As per previous level

Barre

Arms	As per previous level
Plie	Grand plie in first and second position, facing the barre
	Demi plie in fourth (opposite third position)
Battement tendu	Different patterns of tendu en croix 1, 2, 3, 4, or more in each position, repeat pattern en croix 2 counts/tendu Can combine with a pause, or a simple port de bras (arms and legs move separately, not at the same time)
Degage	Degage devant to change between first/third and fourth position
Develope	Develope devant (sideways to the barre, 4 counts)
	Develope derriere (teaching initially facing the barre, 4 counts)
Grand battement	As per previous level
Eleve	Rises in third position (without drawing into sous sous)
Releve	Relevé in first and second
Balance on demi pointe	Facing the barre Balance on demi pointe in first, second or third position
Pas de bourree	Pas de bourree, over (front side back)
	Cou-de-pied devant or degage preparation
	Timing as per L1A

Centre

Port de bras	Learning new arm pathways, using either two arms working simultaneously or one arm at a time In addition to pathways they already know, new basic pathways 5. Bras bas → first → third → second → bras bas 6. Bras bas → first → third → fourth → second → bras bas
Degage	Degage devant to change between first/third and fourth position From third Degage en avant, lower in fourth or Degage en arriere, lower in fourth opposite third From fourth, degage front or back foot back to third In 4 and 2 counts
Temp lie	Temps lie a terre, en avant, with simple port de bras
Chasse	Chasse de cote, en avant, with simple port de bras
Pose	Pose en avant, en face, with simple port de bras
Retire	Retire devant and derriere, arms held in 1 st position
Walks	Lifted walks
Demi pointe	Eleve in first and second
Pas de bourree	Pas de bourree, under (back side front)
Saute	Saute in first, three in a row, with stretch between the third and next set
Spring points	As per previous level
Petit jete	As per previous level
Gallops	Hop, side gallop, step pointe devant, en fondu, hands held in demi seconde or demi bras
	Hop, forward gallop, arms demi bras
Balance	Balance de cote devant (crossing the foot to the front)
Reverence	Simple curtsey (step to side, place foot in coupe derriere, arms to demi bras)
	Simple bow (step to side, join feet in first position, arm through 1 st to 2 nd position)

Ballet set exercises: Level 1B

The content below specifies the exercises dancers are expected to be able to do by the end of the level 1B. Many of the exercises may involve a build up over the weeks to achieve the final exercise

This document includes the final exercise to be achieved to have passed the level

There are two separate companion documents:

- Development exercises that will help them progress towards the final exercises
- A dance to include the movements covered in this level.

Barre

Battement tendu

Music: Fast Tendu (Nina Rudakova, Ernesto Nazareth)

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, turn head $\frac{1}{4}$ away from the barre
1-4	1 tendu devant
5-8	2 tendu devant (in 2 counts each)
1-8	Repeat in 2 nd position, closing to 1 st position after the first two tendu, then closing the final one derriere, turn head $\frac{1}{4}$ towards the barre
1-8	Repeat derriere, turn head $\frac{1}{4}$ away from the barre
1-8	Repeat second, closing in first position on the first 2 tendu and then final one closes devant, turn head $\frac{1}{4}$ towards the barre
	Lower arm to bras bas, turn head $\frac{1}{4}$ away from barre

Plie

Music: Open Arms (Plie) from Pop hits for the ballet class, vol 2

Start sideways to the barre, feet first position, arm bras bas

5-8	Prepare arm from bras bas to first, and second
1-4	2 demi plie
5-8	1 grand plie, with simple port de bras (bras bas, first, second)
12	Degage
34	Arm to bras bas
56	Arm to first
78	Arm to 2 nd
2x8	Repeat in 2 nd position (degage and change to 3 rd position on 2 nd 8)
1-6	3 demi plie in 3 rd position
78	Degage to 4 th (opposite 3 rd)
1-6	3 demi plie in 4 th position

78	Degage and return to 1 st position
	Lower arms to bras bas, turn head ¼ away from the barre

Developpe

Music: Only girl in the world, from Pop hits for ballet class vol 2

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second
12	Retire
34	Developpe devant
56	Hold
78	Lower and close
1-8	Repeat a la seconde
1-8	Repeat derriere
1-8	Repeat a la seconde
	Lower arms to bras bas, turn head ¼ away from the barre

Grand battement

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second
12	Grand battement devant
34	Grand battement a la seconde, close derriere
56	Grand battement derriere
78	Grand battement a la seconde, close devant
	Lower arms to bras bas, turn head ¼ away from the barre

Eleve

Clocks (Allegro 1), from Pop Hits for Ballet Class Vol 2

Start facing the barre, feet first position, arms bras bas

5-8	Place hands on the barre
1-8	4 rises/eleve in 1 st position (don't lower from last eleve)
1-4	Balance, hold arms in 1 st position
56	Lower heels
78	Degage to 2 nd position
2x8	Repeat in 2 nd position, degage to 3 rd position
2x8	Repeat in 3 rd position, degage back to 1 st position
6x8	Repeat on other side

Releve

Centre Tendu (Sylvia), Ballet class music: The Great Ballets, Vol 2

Start facing the barre, feet first position, arms bras bas

5-8	Place hands on the barre
1	Demi plie
2	Stretch legs
3	Eleve
4	Lower heels
5-8	Repeat
1-8	4x releve
1-4	Balance
56	Lower heels
78	Degage to 2 nd position
5-8	Repeat in 2 nd position, close back to 1 st position on the final degage

Pas de bourre over (front side back)

Music: Allegro 2 (Rodeo), from Ballet Class Music: the Great Ballets ,Vol 2

Start facing the barre, feet third position, arms bras bas

5-8	Place hands on the barre
1-4	Pas de bourree in 4 counts, starting with lifting the front foot into cou-de-pied devant, and ending in demi plié
5-8	Stretch and wait
1-8	Repeat on other side
2x8	Repeat sides, taking a degagé (swish) preparation

Centre

Port de bras 1

Start en face, feet first position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bsa
12	Lift arms to first
34	Open arms to second
56	Allonge
78	Lower to bras bas
1-4	Lift arms to fifth
5-8	Open to second
1-4	Allonge and lower to bras bas
56	Lift arms to first
78	Open to demi bras

Port de bras 2

Start croise, feet 3rd position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bas
12	Lift arms to 1 st
34	Open R arm to make 3rd, ¼ turn of head to R
56	Open L arm to make 2nd, ¼ turn of head to L
7	Allonge, and look straight ahead
8	Lower arms to bras bas
12	Lift arms to 1 st
34	Open R arm to make 3rd, ¼ turn of head to R
56	Lift L arm to make 4 th
78	Hold
1-4	Open L arm to make 2 nd (1/4 turn of head to L)
56	Allonge, and look straight ahead
78	Lower arms to bras bas

Weight transference

Arm coordination with temp lie, chasse, and pose

1	Lift arms to first position
2	Hold arms
3	Open arms to second position
4	Lower arms to bras bas

De cote and en avant weight transfer exercise

Start en face, feet third position (R foot devant), arms bras bas

1-4	Temp lie de cote to R (close L foot devant)
5-8	Temp lie en avant
1-8	Repeat to L
2x8	Repeat as chasse
2x8	Repeat as pose

Balance and retire

Start en face, feet in third position, R foot devant, arms bras bas

	Retire devant
12	Retire R leg devant, lift arms to first position
34	Hold
56	Lower R to third devant, straight legs
78	Open arms to second and lower to bras bas
	Retire derriere
12	Retire L leg (toe behind knee)
34	Hold

56	Lower L to third derriere, straight legs
78	Open arms to second and lower to bras bas
	Degage R foot and close in third behind
1-8	Repeat on L

Walks – introducing lifted walks

Walks can be performed travelling from upstage to downstage, en diagonal, or in a circle

Start RDB, 3rd croise

56	Degagé L foot devant a terre, prepare arms to demi seconde
78	Fondu
1-8	4 lifted walks
1-4	4 walks on demi pointe
12	Step forward, place back foot degage derriere
34	Close back foot into 3 rd position
5-8	Lower arms to bras bas

Demi pointe

Start facing en face, feet in first position, arms in bras bas

78	Lift arms to first position
1-8	4 rises in 1 st position
12	Degage a la seconde
34	Lower into 2 nd position
5-8	Open arms to 2 nd position
1-8	4 rises in 2 nd position
12	Degage a la seconde
34	Close back into 1 st position
5-8	Allonge, and lower arms to bras bas
	Repeat on other side

Pas de bourree under

Start en face, feet in third position (L devant), arms in bras bas

5-8	Prepare arms through first to demi bras
1	Lift back foot to cou-de-pie derriere
234	Finish pas de bourree, ending in demi plie
5	Stretch legs
6	Lower arms to bras bas
7	Lift arms to first
8	Open arms to demi bras
1-8	Repeat on other side
	Repeat with a degage (swish) preparation

Saute in first position

Start en face, feet in first position, arms in bras bas

1	Demi plie
234	3 saute, ending in demi plie
5-8	Stretch legs
3x8	Repeat three times

Petit jete derriere and pas de bourree under

Start en face, feet in third position (R derriere), arms in bras bas

5	Lift arms to first position
6	Open arms to demi bras
7	Coupe derriere
8	Fondu
123(4)	3 petit jete and hold
567(8)	Repeat other side
123(4)	Repeat first side
5-7	Pas de bourree under to R, ending in demi plie
8	Stretch legs
	Repeat other side

Side gallop

Start en face, feet in first position, arms bras bas

5-8	Degage R to second, and prepare arms to demi seconde, fondu
+1+2	Hop, gallop to R,
3(4)	Point L devant
5-8	Repeat to L
1-8	Repeat R, L

Forward gallops

Start LDB, facing RDF, croise

	Degage L foot devant, prepare arms through first position to demi bras
+1+2	Hop, gallop en avant with L leg
+3+4	Repeat with R leg
5+6	Repeat to L
7+8	Repeat to R
	Continue until reached RDF
	Repeat from RDB to LDF

Balancé de côté

Start en face, feet in third position (R devant), arms bras bas

7+a	Lift arms to first position
8+a	Degage R foot to second, open R arm (to make third)

12	2 balance (place 2 nd foot derriere), alternating arms to opposite third position on each balance
34	2 balance (place 2 nd foot derriere), alternating arms to fourth on each balance
12	2 balance (place 2 nd foot devant), alternating arms to opposite third position on each balance
34	2 balance (place 2 nd foot devant), alternating arms to fourth on each balance
12	Step to R, L leg degage to second, open R arm to make second position
34	Close L arm to make third position
	Repeat on other side
	At end, close feet to third position, and lower arms to bras bas

Enchainment

Enchainment 1

Start en face, feet in third position (R leg devant), arms bras bas

1234	Chasse de cote to R (same arm coordination as chasse exercise), close L foot devant
123(4)	Chasse en avant, opening arms to demi bras, ending with degage derriere
1-8	4 walks forward, shifting arms to demi seconde on walks
1-8	Close to third position, arms port de bras first, second, bras, bas, demi bras
1-4	Pas de bourree under to L, end in demi plie
5-8	Stretch legs, and simple port de bras – bras bas, first, demi bras
1-8	Repeat pas de bourree and port de bras to R

Enchainment 2

Start en face, feet in third position (R leg devant), arms bras bas

5-8	Degage R foot devant, prepare arms to demi bras
1-4	Step point en fondu to R – lift arms to 2 nd on first step, to third opposition on point
5-8	Repeat to L
123(4)	Three spring points, arms demi seconde
567(8)	Repeat
+1+2	Hop, side gallop to R, arms to third opposition
3(4)	Point devant, en fondu
5-8	Repeat to L
	Stretch supporting leg, close to third position and lower arms to bras bas

Enchainment 3

Start en face, feet in third position (R devant), arms bras bas

1	Demi plie, lift arms to first
2	Chasse to second
3+4	Pas de bourree under to R, opening arms to second on count 3, finish in demi plie, lower arms to bras bas
56	Stretch legs and lift arms to demi seconde

78	Coupe R leg derriere and fondu
1+2	3 petit jete
3+4	3 petit jete
5+6	3 petit jete
7+8	Pas de bourree under, finish in plie, lower arms to bras bas
	Stretch legs
	Repeat on other side

Reverence

As per Level 1 term 1

Ballet steps: Level 1C

Basics

Arm positions	As per previous level
Positions of the feet	As per previous level
Directions of the limbs	As per previous level
Body facing	Ouverte (also known as effacé)
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head positions	Tilt up
Head coordination	As per previous level

Barre

Arms	As per previous level
Plie	Grand plie in third and fourth position (start in L1C, complete in L1D)
Battement tendu	Different patterns of tendu en croix, combining different timings Eg slow tendu in 4 counts/tendu combined with faster tendu in 2 counts/tendu
Degage	Degage derriere to change between first/third and fourth position
Rond de jambe	Rond de jambe a terre en dedan and en dehor in 4 counts, starting and ending in 1 st position
Developpe	Developpe en croix, arm held in 2 nd (4 counts)
Grand battement	As per previous level
Eleve	Rise (from third to sous sous)
Releve	Releve third (barre) – facing or sideways to the barre
Balance on demi pointe	Balance on demi pointe in fourth position

Centre

Port de bras	Learning new arm pathways, using either two arms working simultaneously or one arm at a time 7. Bras bas → first → fourth → second → bras bas 8. Third → third on other side 9. Fourth → fourth on other side
Degage	As per previous level
Temp lie	Temps lie a terre, en arriere
Chasse	Chasse en arriere
Pose	Pose en arriere
Tombe	Tombe a terre, from whole foot: en arriere, a terre, in 4 counts
Retire	Retire passe en arriere and en avant, arms held in 1 st position
Develope	Develope a la seconde, en face, arms held in 2 nd position, 4 counts (1 retire, 2 developpe, 3 lower to degage, 4 close)
Walks	Extended walks
Demi pointe	Eleve in third (without drawing into sous sous)
	Releve first, second, with hold / balance for 4 counts
Pas de bourree	Pas de bourree, over (front side back)
Saute	Saute in 2nd
Spring points	As per previous level
Petit jete	As per previous level
Pose temp leve	Pose, temp leve (pose de côté), with gesture leg low attitude devant
Gallops	As per previous level
Polka	Polka, en avant
Pas de basque	Petit pas de basque (like a balance de cote, but second step is devant rather than derriere)
Balance	Balance en avant
Reverence	As per previous level

Ballet set exercises: Level 1C

The content below specifies the exercises dancers are expected to be able to do by the end of the level 1C. Many of the exercises may involve a build up over the weeks to achieve the final exercise

This document includes the final exercise to be achieved to have passed the level

There are two separate companion documents:

- Development exercises that will help them progress towards the final exercises
- A dance to include the movements covered in this level.

Barre

Battement tendu

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, head $\frac{1}{4}$ turn away from barre
1-6	3 tendu devant
78	Turn head $\frac{1}{4}$ turn towards barre
1-6	Repeat in 2 nd position, closing to 1 st position, close working foot derriere, devant, derriere
78	Turn head $\frac{1}{4}$ turn away from barre
1-6	Repeat derriere
78	Turn head $\frac{1}{4}$ turn towards barre
1-6	Repeat second, closing devant, derriere, devant
78	Lower arm to bras bas, turn head $\frac{1}{4}$ away from barre

Plie

Start sideways to the barre, feet first position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, turn head $\frac{1}{4}$ away from barre
1-4	2 demi plie
5-8	1 grand plie, with simple port de bras (bras bas, first, second), look directly forward as arm passes through bras bas and 1 st
12	Rise, lower
34	Degage 2 nd and lower in 2 nd position
5-8	Port de bras (to bras bas, 1 st , 2 nd), turn head $\frac{1}{4}$ away from barre on count 8
2x8	Repeat in 2 nd position (degage and change to 3 rd position on 2 nd 8)
1-6	Repeat in 3 rd position (degage and change to 4 th position on 2 nd 8)
78	Repeat in 4 th position (degage and return to 1 st position on 2 nd 8)
	Lower arms to bras bas, turn head $\frac{1}{4}$ away from the barre

Rond de jambe a terre

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, turn head ¼ away from barre
1	Degage devant
2	Circle to second
3	Circle to derriere
4	Return to 1st position
5-8, 1-8	Repeat x3
1-4	Allongé, lower arm to bras bas, turn head to look directly forward as arm lowers
5-8	Lift arm to 1 st and open to 2 nd , turn head ¼ away from the barre
2x8	Repeat rond de jambe en dedan
1-4	Allongé, lower arm to bras bas

Developpe

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm to demi seconde and back to bras bas
12	Retire, lift arm to 1st position
34	Developpe devant, open arm to 2 nd position, turn head ¼ away from barre
56	Hold
78	Lower and close, lower arm to bras bas
1-8	Repeat a la seconde, turn head ¼ towards barre
1-8	Repeat derriere, turn head ¼ away from barre
1-8	Repeat a la seconde, turn head ¼ towards barre
	Lower arms to bras bas, turn head ¼ away from the barre

Grand battement

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, turn head ¼ away from barre
1-4	Grand battement devant (degage, lift, lower to degage, close)
5-8	2x grand battement devant
1-8	Repeat à la seconde, turn head ¼ turn towards barre, close working foot derriere, devant, derriere
1-8	Repeat derriere, turn head ¼ away from the barre
1-8	Repeat à la seconde, turn head ¼ turn towards barre, close working foot devant, derriere, devant.
	Lower arms to bras bas, turn head ¼ away from the barre

Elevé and relevé

Start facing the barre, feet first position, arms bras bas

5-8	Place hands on the barre
1-8	2x rises/elevé in 1 st position
+1-8	4x relevé in 1 st position (plié on odd count, relevé on event count)
12	Rise/elevé
34	Balance with arms in 1 st position
56	Lower heels
78	Dégagé to 2 nd position
3x8	Repeat in 2 nd position, dégagé to 3 rd position
3x8	Repeat in 3 rd position, dégagé to 4 th position
1-8	Rise/elevé in 4 th , and balance, arms held in 1 st position
12	Lower heels
34	Dégagé back to 1 st position
	Pause for a brief calf stretch
	Repeat on other side

Centre

Port de bras 1

Start en face, feet first position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bas
12	Lift arms to 1 st
34	Open arms to 4 th
56	Open top arm to make 2 nd position
7	Allongé
8	Lower arms to bras bas
1-8	Repeat with other arm
1-4	Lift arms to fifth
5-8	Open to second
1-4	Allonge and lower to bras bas
56	Lift arms to first
78	Open to demi bras

Port de bras 2

Start en face, feet 1st position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bas
12	Lift arms to 1 st
34	Open right arm to 3 rd , turn head ¼ to right
56	Open left arm to 2 nd , look straight ahead

78	Close right arm to make 3 rd , turn head ¼ to L
1-8, 1-4	Repeat x3 (alternating arms and head)
5-8	Lift arm in 1 st up to 5 th (to make 4 th)
2x8	Alternate arms (as done in 3 rd position)
14	Open top arm to make 2 nd position
56	Allongé
78	Lower arms to bras bas

Weight transference

Arm coordination with temp lie, chasse, and pose

1	Lift arms to first position
2	Hold arms
3	Open arms to second position
4	Lower arms to bras bas

De cote, en avant, and en arriere weight transfer exercise

Start en face, feet third position (R foot devant), arms bras bas

1-4	Temp lie en avant
5-8	Temp lie de côté to R (close L foot devant)
1-4	Temp lie en arriere
5-8	Temp lie en avant with L foot
1-4	Temp lie de côté to L (close R foot devant)
5-8	Temp lie en arriere
1-8	Port de bras through 1 st , 5 th , 2 nd , bras bas
4x8	Repeat as chassé
4x8	Repeat as pose

Retire passe en avant and en arriere

Start en face, feet in third position, R foot devant, arms bras bas

5-8	Prepare arms by lifting to 1 st
	Retire passe en arriere
12	Retire devant, straightening supporting leg
34	Balance
5-8	Lower R foot derriere
1-8	Repeat en avant
12	Degage R foot a la seconde, opening arms to 2 nd
34	Close R foot derriere
5-8	Lower arms to bras bas and lift to 1 st
	Repeat with other leg

Developpe a la seconde

Start en face, feet in third position, R foot devant, arms bras bas

5-8	Lift arms to 1 st and open to 2 nd
12	Retire
34	Develop a la seconde, at around 45 degrees
56	Lower to degage
78	Close in 3 rd derriere
1-8	Repeat to L

Walks – introducing extended walks

Walks can be performed travelling from upstage to downstage, en diagonal, or in a circle

Start RDB, 3rd croise

56	Degagé L foot devant a terre, prepare arms to demi seconde
78	Fondu
1-8	4 extended walks
1-8	4 lifted walks
1-4	4 walks on demi pointe
12	Step forward, place back foot degage derriere
34	Close back foot into 3 rd position
5-8	Lower arms to bras bas

Walking combined with port de bras

Walks can be performed travelling from upstage to downstage, en diagonal, or in a circle

Start RDB, 3rd croise

56	Degagé L foot devant a terre, prepare arms to demi seconde
78	Fondu
1	1 walks (extended or lifted), lower arms to bras bas
2	1 walk, lift arms to 1 st
3	1 walk, open arms to 2 nd
4	1 walk, lower arms to bras bas
5	1 walk, lift arms to first
6	1 walk, open arms to 2 nd
78	Close back foot to 3 rd derriere, lower arms to bras bas

Demi pointe

Start facing en face, feet in first position, arms in bras bas

78	Lift arms to first position
1-8	4 rises in 1 st position
1-8	4 releve in 1 st position
1-4	Balance

56	Degage a la seconde, open arms ot 2 nd
78	Lower in 2 nd position
1-8	4 rises in 2 nd position
1-8	4 releve in 2 nd position
1-4	Balance
56	Degage a la seconde
78	Close in 3 rd position, shift arms to 3 rd opposition (opposite front arm to front foot)
1-8	4 rises in 3 rd position
1-4	Open arms to 2 nd and lower to bras bas

Pas de bourree over and under

Start en face, feet in third position (L devant), arms in bras bas

5-8	Prepare arms through first to demi bras
1	Lift back foot to cou-de-pie derriere en fondu
234	Finish pas de bourree over (front side back), ending in demi plie
5	Stretch legs
6	Lower arms to bras bas
7	Lift arms to first
8	Open arms to demi bras
1-8	Repeat, as pas de bourree under (back side front), starting by lifting front foot to cou-de-pied devant
	Repeat pas de bourree over with a degage preparation
1-8	Repeat pas de bourree under with a degage preparation
	Repeat with a degage (swish) preparation

Saute in 1st and 2nd position

Start en face, feet in first position, arms in bras bas

1	Demi plie
234	3 saute, ending in demi plie
5-8	Stretch legs
1-8	Repeat, but land final saute in 2 nd position
2x8	Repeat 2 sets of saute in 2 nd , but land final saute back in 1 st position

Petit jete derriere and pas de bourree under

Start en face, feet in third position (R derriere), arms in bras bas

5	Lift arms to first position
6	Open arms to demi bras
7	Coupe derriere
8	Fondu
123(4)	3 petit jete and hold
5+6	Pas de bourree under to R, ending en fondu, cou-de-pied derriere
7+8	Repeat pas de bourree to left

1-8	Repeat on other side
	Petit developpe a terre a la second
	Close extended foot in 3 rd devant, lower arms to bras bas

Posé, temp levé

Start en face, feet in first position, arms bras bas

5-8	Degage R to second, and prepare arms to seconde, fondu
12	Posé de côté (on whole foot to R), temp levé, gesture leg low attitude devant, arms 3 rd opposition
3-6	Repeat x2 (LR)
78	Step side to L, degage R foot a la seconde a terre, arms 2 nd
3x8	Repeat x3
	Close R foot into 1 st position, lower arms to bras bas

Forward and side gallops

Start en face, feet in first position, arms bras bas

5-8	Degage R to second, and prepare arms to seconde, fondu
+1+2	Hop, gallop to R,
3(4)	Point L devant, arms to 3 rd opposition (R arm forward)
5-8	Repeat to L
1-8	Repeat R, L
+1+2	Hop, gallop forward with R, opening R arm to demi seconde
3-8, 1-8	Repeat x7 (LRLRLRL) either travelling forward or around in circle to R to end up facing front again
1-4	Step forward, close back foot into 3 rd position, lower arms to bras bas

Polka, en avant

Rhythm a1 +2, a3 4 etc (differs from gallop which is +1+2+3+4)

Also differs from gallop in that the back foot ends in cou-de-pied, and then petit developpe devant to being second polka. Polka is hop, step, step, spring.

Start croise in LDB, arms bras bas

5-8	Degage L foot devant, prepare arms to demi bras
a1 +2	Polka with L foot
5-8	Repeat travelling across the room

Petit pas de basque

Start en face, feet in 3rd position (R devant), arms bras bas

7+a	Lift arms to first position
8+a	Degage R foot to second, open R arm (to make third)
1	Step R de cote, en fondu, bring L foot into cou-de-pied devant, R arm moves into 3 rd position, turn head ¼ to R

+	Step onto L foot en demi pointe, stretching L leg
a	Step onto R foot en demi pointe (straight leg), then release L foot a la seconde
2-8	Repeat x7 (LRLRLRL)
	Step de cote with R foot, open arms to 2 nd
12	Close L foot into 3 rd devant, lower arms to bras bas

Balancé

Start ouverte, third position, R foot devant, arms bras bas

78	Degage R foot devant, prepare arms to 3 rd opposition
1+a	Balancé en avant
2+a	Turning en face, balancé de côté to L, opening L arm and sweeping R arm across into 3 rd position
3+a	Balance en avant to RDF, L arm moves through bras bas and lifts as R arm opens, ending in 3 rd position
4+a	Repeat counts 2+a
5-8	Repeat x2
	Repeat on other side
	At end, close feet to third position, and lower arms to bras bas

Enchainment

Enchainment 1 (Adage enchainment)

Start LDB, croise, 3rd position, arms bras bas

56	Degage left foot devant, lift arms to demi seconde
78	Fondu
1-6	3 extended walks en avant (LRL), with port de bras bras bas, to 1 st , to 2 nd
78	Close back foot into 3 rd position, and lower arms to bras bas
1-4	Chasse en avant, ending in degage derriere, lifting arms to 1 st position, and opening to 4 th (back arm high) on count 4
56	Change arms to 4 th (front arm high), and peek under the arm
78	Open arms to 2 nd position
1-4	Close back foot into 3 rd position
34	Lower arms to bras bas
5-8	Lift back leg cou-de-pie derriere, lift arms to demi seconde, pas de bourree under (back, side, front), turning to en face, ending in demi pie
12	Stretch legs, and lift arms to 5 th position
34	Open arms to 2 nd position
56	Allonge
78	Lower arms to bras bas1
1-6	Developpe a la seconde with the right foot, finishing in degage a la seconde 12 retire (lift arms to 1 st position)

	34 unfold leg a la seconde, open arms to 2nd position 56 lower gesture leg to degage a la seconde
78	Fondu
1-4	Pas de bourree over (front side back), ending in demi plie
56	Lower arms to bras bas
78	Hold

Enchainment 2 (*allegro enchainment*)

Start in 3rd position en face, R foot devant, arms bras bas

5-8	Lift arms to 1 st and open to demi bras, on count 8, fondu and lift L foot cou-de-pied derriere
1-4	Pas de bourree under (back side front), finish in demi plie, then stretch
5	Fondu and lift R foot cou-de-pied derriere
6-8	3 petit jete derriere
1-8	Repeat
1	Petit developpe a la seconde with L leg, straightening supporting leg
2	Fondu
3-6	Pas de bourree over (front side back), finish in demi plie, then stretch
7	Degage L foot a la seconde
8	Close L foot into 1 st position, lower arms to bras bas
1	Demi plie
2-4	3x saute in 1 st position
5(6)	Saute to finish in 2 nd position, open arms to demi-seconde
78	Stretch legs
1	Demi plie
2-4	3x saute in 2 nd position
5(6)	Saute to finish in 1 st position, lower arms to bras bas
78	Stretch legs

Enchainment 3: *balance and pas de basque*

Start LDB, croise with L foot devant, arms bras bas

5-8	Degage L foot devant, lift arms to demi seconde, fondu on count 8
1+a	1x lifted walk, head ¼ turn to R
2-3	2x lifted walks, head ¼ turn to L on first step, R on second step
4+a	Stretch supporting leg, lower arms to bras bas and lift to 1st
5+a	Balance en avant, open R arm to 3 rd
6+a	Balance de cote to L, change arms to 3 rd on other side (R arm front, L arm side)
7+a	Petit pas de basque to R, change arms to 4 th (L arm high, R arm side)
8+a	Petite pas de basque to L (change arms)
1+a2	Step de cote to R, place L leg derriere (bent with stretched ankle/toes, touching the floor (B plus)), open R arm out, so both arms are in a high demi bras

3+a4	Repeat to L (leave arms in demi bras)
567	3x balance de cote (RLR), arms alternating 3 rd position, turning to face LDF
8	Step de cote to L, opening arms to 2 nd position
1(234)	Close R foot into 3 rd devant, lower arms to bras bas
	Repeat on other side

Reverence

As per Level 1 term 1

Ballet steps: Level 1D

Basics

Arm positions	As per previous level
Positions of the feet	As per previous level
Directions of the limbs	As per previous level
Body facing	Croisé devant and croisé derriere (ie with degage devant or derriere)
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head positions	Incline (right or left) Combine turn and tilt up Learning to spot (also listed under turns)

Barre

Arms	As per previous level
Plie	Grand plie in third and fourth position (start learning in L1C, finish in L1D)
Battement tendu	As per previous level
Degage	As per previous level
Rond de jambe	As per previous level
Develope	As per previous level
Grand battement	As per previous level
Tombe	As per previous level
Eleve	Rise from fourth (opposite third)
Releve	Releve fourth (barre)
Balance on demi pointe	As per previous level

Centre

Port de bras	Practice known positions and pathways, with either one arm at a time or two arms simultaneously
Degage	As per previous level
Temp lie	Combine temps lie a terre, de cote, en avant, and en arriere In 2 counts: +degage, 1 plie, + transfer weight, 2 close
Chasse	Chasse en arriere, from 3 rd position, en face in 4 counts, with simple port de bras
Pose	Pose de cote, en avant, en arriere, in 2 counts:

	<ul style="list-style-type: none"> • + degage, 1 fondu, + pose, 2 close, or • 1 degage, + fondu, 2 pose, + close
Tombe	<p>Tombe a terre, from whole foot: In 2 counts, en avant, en arriere, de cote</p> <p>Counts: + degage, 1 tombe, + stretch supporting leg, 2 close 1 degage, + tombe, 2 stretch supporting leg, + close</p>
Retire	As per previous level
Develope	Develope devant, en face, arms held in 2 nd position 4 counts
Turns	Learning to spot
Walks	As per previous level
Demi pointe	Eleve in fourth
Pas de bourree	Pas de bourree, derriere
Saute	As per previous level
Spring points	As per previous level
Petit jete	As per previous level
Pose temp leve	As per previous level
Gallops	Hop, side gallop, pose de cote temp leve, gesture leg in low attitude devant
Polka	Polka, de cote
Pas de basque	Petit pas de basque en avant (travelling forward on the second two steps)
Balance	Balance en arriere
Reverence	As per previous level

Ballet Set Exercises - Level 1D

The content below specifies the exercises dancers are expected to be able to do by the end of the level 1D. Many of the exercises may involve a build up over the weeks to achieve the final exercise

This document includes the final exercise to be achieved to have passed the level

There are two separate companion documents:

- Development exercises that will help them progress towards the final exercises
- A dance to include the movements covered in this level.

Barre

Battement tendu

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, head $\frac{1}{4}$ turn away from barre
1-6	3 tendu devant
78	Demi plié, and turn head $\frac{1}{4}$ turn towards barre
1-6	Repeat in 2 nd position, closing to 1 st position, close working foot derriere, devant, derriere
78	Demi plié, and turn head $\frac{1}{4}$ turn away from barre
1-6	Repeat derriere
78	Demi p;ie, and turn head $\frac{1}{4}$ turn towards barre
1-6	Repeat second, closing devant, derriere, devant
78	Lower arm to bras bas, turn head $\frac{1}{4}$ away from barre

Plié

Start sideways to the barre, feet first position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, turn head $\frac{1}{4}$ away from barre
1-4	2 demi plié
5-8	1 grand plié, with simple port de bras (bras bas, first, second), look directly forward as arm passes through bras bas and 1 st
1-6	3 élevé
78	Degagé 2 nd and lower in 2 nd position
2x8	Repeat in 2 nd position (degagé and change to 3 rd position on 2 nd 8)
2x8	Repeat in 3 rd position (degagé and change to 4 th position on 2 nd 8)
2x8	Repeat in 4 th position (degagé and return to 1 st position on 2 nd 8)
	Lower arms to bras bas, turn head $\frac{1}{4}$ away from the barre

Rond de jambe a terre

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, turn head $\frac{1}{4}$ away from barre Degagé a la seconde
2x8	4 rond de jambe a terre en dehor in 4 counts/rond (starting and finishing each rond de jambe a la seconde)
2x8	Repeat en dedan
1-4	Allongé, lower arm to bras bas, turn head to look directly forward as arm lowers
5-8	Lift arm to 1 st and open to 2 nd , turn head $\frac{1}{4}$ away from the barre
2x8	Repeat en dedan (4 rond de jambe en dedan in 4 counts/rond)
1-4	Allongé, lower arm to bras bas

Developpé

Same as level 1C

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm to demi seconde and back to bras bas
12	Retire, lift arm to 1st position
34	Developpé devant, open arm to 2 nd position, turn head $\frac{1}{4}$ away from barre
56	Hold
78	Lower and close, lower arm to bras bas
1-8	Repeat a la seconde, turn head $\frac{1}{4}$ towards barre
1-8	Repeat derriere, turn head $\frac{1}{4}$ away from barre
1-8	Repeat a la seconde, turn head $\frac{1}{4}$ towards barre
	Lower arms to bras bas, turn head $\frac{1}{4}$ away from the barre

Grand battement

Start sideways to the barre, feet third position, arm bras bas

5-8	Prepare arm from bras bas to first, and second, turn head $\frac{1}{4}$ away from barre
1-6	3 grand battement (2 counts/battement)
78	Elevé (rise and lower)
1-8	Repeat à la seconde, turn head $\frac{1}{4}$ turn towards barre, close working foot derriere, devant, derriere
1-8	Repeat derriere, turn head $\frac{1}{4}$ away from the barre
1-8	Repeat à la seconde, turn head $\frac{1}{4}$ turn towards barre, close working foot devant, derriere, devant.
	Lower arms to bras bas, turn head $\frac{1}{4}$ away from the barre

Elevé and relevé

Start sideways to the barre, feet in first position, arm bras bas

5-8	Prepare arm to demi seconde, bras bas, first, second
14	2 elevé in 1 st
+5(6)	Relevé in 1st (demi plié on +, relevé on 5, hold on 6)
+7(8)	Repeat
1-4	Balance with arms in 1 st position
5-8	Lower and degagé to 2 nd
2x8	Repeat in 2nd (balance with arms in 2 nd)
2x8	Repeat in 3rd (balance with arms in 1 st)
2x8	Repeat in 4th (balance with arms in 5 th)
	Dégagé front leg back to 1 st position, lower arms to bras bas

Centre

Port de bras 1

Start en face, feet first position, arms bras bas

5-8	'Breathe' arms to demi seconde and back to bras bas
12	Lift right arm up to 5 th
34	Open right arm to 2 nd
5-8	Repeat with left arm
12	Bring R arm into 3 rd
34	Change arms to 3 rd with L arm in front
56	Change arms again
78	Lift right arm up to make 4 th
1-6	Alternate arms again (in 4 th position) three times
78	Open L arm out to 2 nd
12	Lower arms to bras bas
34	Lift to 1 st and open to demi bras

Weight transference

Arm coordination with temp lie, chassé, and pose

+	Lift arms to first position
1	Hold arms
+	Open arms to second position
2	Lower arms to bras bas

De côté, en avant, and en arriere weight transfer exercise

Start en face, feet third position (R foot devant), arms bras bas

12	Temp lie en avant
34	Temp lie de côté to R (close L foot devant)
56	Temp lie en arriere

78	Temp lie en avant with L foot
12	Temp lie de côté to L (close R foot devant)
34	Temp lie en arriere
56	Port de bras through 1 st , 5 th , 2 nd , bras bas
2x8	Repeat as chassé
2x8	Repeat as pose

Developpé devant and a la seconde

Start en face, feet in third position, R foot devant, arms bras bas

12	Retire, lift arms to 1 st
34	Developpé R foot devant, at around 45 degrees, opening arms to 3 rd opposition (L arm 1 st , R arm 2 nd)
56	Lower to degagé, open arms to 2 nd
78	Close in 3 rd devant, lower arms to bras bas
12	Retire, lift arms to 1 st
34	Developpé R foot a la seconde, at around 45 degrees, opening arms to 2 nd
56	Lower to degage
78	Close R foot into 3 rd derriere, lower arms to bras bas
	Repeat on other side

Turns

Learning to spot

Practice 'shuffling' around in a circle, spotting with head, hands on hips or held in first position

12	Turn to R while keeping head looking to front
34	Turn head to R to look back to the front (or as close to the front a they can)
5-8	Complete turn to R to return to en face
1-8	Repeat to L

Demi pointe

Start facing en face, feet in first position, arms in bras bas

78	Lift arms to first position
1-8	4 rises in 1 st position
1-8	4 relevé in 1 st position
1-4	Balance
56	Degagé a la seconde, open arms ot 2 nd
78	Lower in 2 nd position
1-8	4 rises in 2 nd position
1-8	4 relevé in 2 nd position
1-4	Balance
5-8	Degagé and close 3 rd devant
1-4	4 rises in 3 rd position

56	Balance
78	Lower, degagé front foot devant and lower into 4 th
1-4	4 rises in 4 th position
56	Balance
78	Lower, degagé front foot and close back in 3 rd position

Pas de bourree

Learn with both cou-de-pied and degagé preparation

Start en face, feet in third position (L devant), arms in bras bas

5-8	Prepare arms through first to demi bras
1	Lift back foot to cou-de-pie derriere en fondu (or degagé a la seconde en fondu)
234	Finish pas de bourree derriere (back, side, back), ending in demi plié
5	Stretch legs
6	Lower arms to bras bas
7	Lift arms to first
8	Open arms to demi bras
1-8	Repeat, as pas de bourree under (back side front), starting by lifting front foot to cou-de-pied devant
	Repeat on other side

Sauté

Start en face, feet in third position (L devant), arms in bras bas

+	Demi plié
1-4	4 sauté, ending in demi plié
5-8	Sauté to 2 nd , 1 st , 2 nd , 1 st
1-4	4 sauté in 2 nd
56	Sauté back to 1 st , ending in demi plié
78	Stretch legs

Hop, gallop, posé, temp levé

Start en face, feet in first position, arms bras bas

5-8	Degagé R to second, and prepare arms to seconde, fondu
+	Hop on R foot
1+2	Side gallop to R
+	Hop on L foot, lift R foot to low attitude devant, arms 3 rd opposition (R arm forward)
3+4	Side gallop to L, open arms to 2 nd
+	Hop on R foot, lift L foot to low attitude devant, arms 3 rd opposition
5+6	Side gallop to R, arms 2 nd
+	Hop on L foot, lift R foot to low attitude devant, arms 3 rd opposition
7+8	Side gallop to L, arms 2 nd

12	Step to R with R foot, degagé L foot a la seconde
34	Close L foot into 1 st position, lower arms to bras bas

Polka de côté and en avant

Rhythm a1 +2, a3 4 etc (differs from gallop which is +1+2+3+4)

Also differs from gallop in that the back foot ends in cou-de-pied, and then petit developpé devant to being second polka. Polka is hop, step, step, spring.

Start en face in LDB, arms bras bas

5-8	Degagé R foot a la seconde, prepare arms to demi bras
a1 +2	Polka with R foot to R, circling gesture with R hand/forearm
A3 +4	Repeat to L
5-8	Repeat R and L
1-8, 1-4	6 polka en avant in a circle to the R, finishes en face
5-8	Chassé en avant, ending degagé derriere, arms move through 1 st to demi bras

Petit pas de basque

Start en face, feet in 3rd position (R devant), arms bras bas

7+a	Lift arms to first position
8+a	Degagé R foot to second, open R arm (to make third)
1	Step R de côté, en fondu, bring L foot into cou-de-pied devant, R arm moves into 3 rd position, turn head ¼ to R
+	Step onto L foot en demi pointe, stretching L leg
a	Step onto R foot en demi pointe (straight leg), then release L foot a la seconde
2-4	Repeat x3 (LRL)
5+a	Petit pas de basque en avant (two steps forward on demi pointe on +a), lifting L arm up to 4 th
6-8	3x petit pas de basque en avant, alternating arms in 4 th position
1-4	Chassé en avant, ending degagé derriere, arms through 2 nd , bras bas, 1 st , demi bras

Balancé

Start ouverte, third position, R foot devant, arms bras bas

78	Degagé R foot devant, prepare arms to 3 rd opposition (L arm forward)
1+a	Balancé en avant
2+a	Balancé en arriere, changing arms to 3 rd with R arm forward
34	Repeat balancé en avant and en arriere
5-8	Turning en face, 4x balancé de côté, arms in 3 rd , switching side with each balancé
1-6	18 walks on demi pointe (1+a 2+a etc) around in a clockwise circle, to end facing LDF
7+a	Chassé en avant, ending degagé derriere, arms bras bas to 1 st
8+a	Degagé devant, prepare arms to 3 rd opposition
	Repeat second side

Enchaînments

To be provided soon

Revérénce

As per previous level

Level 2

Ballet steps: Level 2A

Basics

Arm positions	Fourth crossed (Spanish Fourth)
	Arabesque (first, second, third) – without degage, or with degage devant or derriere a terre
Directions of the limbs	As per previous level
Body facing	Ouverte / effacé devant and derriere
Direction of movement	En dehor (outwards)
	En dedan (inwards)
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	Quarter turn (with degage)
	Half turn (during side cambré)

Barre

Arms	Through first to fifth From fifth to second From second directly to arabesque
Plie	Combine plie and cambre/penche
Battement tendu	Include head coordination (quarter turn away from the barre for tendu devant and derriere, and quarter turn towards barre for tendu a la seconde)
Battement glisse	To second from first, facing barre, in 2 counts/glisse (accent out)
Rond de jambe a terre	Rond de jambe en dehor and en dedan, starting and ending in second position (4 and 2 counts/rond de jambe)
Assemble soutenu	Demi and full assemble soutenu en dehor and en dedan, in 4 counts
Battement fondu	Battement fondu a terre, en croix, arm held in 2 nd
Develope	Develope en croix, with simple port de bras (arm to first on retire, open to second on developpe, lower to bras bas s the foot closes) Still in 4 counts, but on count 3, hold en l'air, then lower and close on count
Grand battement	Multiple battement in each position en croix (eg 2, 3, or 4), able to perform variations
Tombe	Tombe from demi pointe (to degage a terre or en l'air) En avant
Eleve	from 3 rd to sous sous, then lift front leg to retire
Releve	Releve from third to sous sous (facing or sideways to the barre)
Demi detourne	Demi-detourné, towards the barre
Pose on demi pointe	Pose coupe with straight leg, de cote on demi pointe at the barre, with gesture foot retire derriere
Balance on demi pointe	As per previous level

Centre

Port de bras	Incorporate new arms positions (fourth crossed and arabesque – first, second, third)
Degage	As per previous level
Temp lie	Temps lie en l'air en avant
Chasse	Chasse from croise or ouverte En avant – arms 1 st , to 1 st arabesque De cote, arms to second En arriere – arms to fourth
Pose	As per previous level
Tombe	As per previous level
Retire	As per previous level
Develope	Develope derriere, en face or to the side, arms held in 2 nd or third position 4 counts
Arabesque	First arabesque, a terre
Walks and runs	Walks as per previous level
	Running
Demi pointe	Eleve from third to sous sous and balance
	Releve third and fourth
Pas de bourree	Pas de bourree, devant
Pirouette	Preparation for pirouette en dehor from 3 rd position <ul style="list-style-type: none"> • Retire pass on flat foot, arms held 1st • Plie, retire passe on flat foot, arms held 1st • Plie, retire passe on flat foot, arms from 3rd to 1st (on retire) • Plie, retire passe on releve from, arms from 3rd to 1st (on retire)
Petit allegro	Changement
	Petit jete devant
	Jete ordinaire, derriere
	Glissade derriere
Gallops	As per previous level
Polka	As per previous level
Pas de basque	Preparation for pas de basque glisse en avant – glissade de cote under (start with front foot and close devant), chasse en avant to degage derriere, close 3rd
Balance	Balance en avant and en arriere
Reverence	As per previous level

Ballet Steps - Level 2B

Basics

Arm positions	Second arabesque
	Third arabesque
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	From second through bras bas and first to arabesque
Cambre/penche	Forwards (penché) roll up through spine
	Sideways (cambré) towards barre
Plie	As per previous level
Battement tendu	Include different arm positions (1 st or 5 th for devant, 2 nd for 2 nd , first, second or arabesque for derriere) Arms and legs move separately (not at the same time)
Battement glisse	Battement glisse en croix, 2 counts/glisse (accent out)
Rond de jambe a terre	Rond de jambe en dehor and en dedan, starting and ending in devant or derriere (2 and 4 counts/rond de jambe)
Battement soutenu	En fondu, en avant, a la seconde, en arriere, en croix, in 4 counts
Assemble soutenu	Assemble soutenu en dehor and en dedan, in 2 counts
Battement frappe	Battement frappe to second in 4 counts and 2 counts (alternating devant and derriere), arm held in 2 nd
Battement fondu	Battement fondu a terre, en croix, with simple port de bras
Developpe	Developpe en croix, with varying arm positions: Devant: arm 5 th Derriere: arm arabesque A la second: arm second
Grand battement	As per previous level
Tombe	Tombe from demi pointe (to degage a terre or en l'air) De côté (away from barre)
Eleve	As per previous level
Releve	Echappe en demi pointe a la second, facing barre, accent up $\frac{3}{4}$
Demi detourne	As per previous level
Pose on demi pointe	Pose coupe en avant with straight leg, (sideways to the barre), with gesture foot retire derriere
Balance on demi pointe	As per previous level

Centre

Port de bras	Include new arm positions <ul style="list-style-type: none"> • Second arabesque • Third arabesque
Demi plie	Demi plie and rises in first and second
Degage	With change of direction from croise Start croise, degage back foot to second, pivot en face, close devant croise
Temp lie	Temp lie en l'air de cote
Chasse	Chasse in 2 counts <ul style="list-style-type: none"> • + demi plie, 1 slide, +transfer weight, 2 close; or • 1 demi plie, + slide, 2 transfer, + close En avant, de cote, en arriere En face, croise, or ouvert/efface
Pose	Pose coupe de cote (gesture leg retire derriere) Can first be taught with a pose onto the whole foot, progressing to performing the pose onto demi-pointe
Tombe	As per previous level
Retire	As per previous level
Develope	Develope en croix, initially en face, progress to croise Counts for leg: 4 counts (either hold or lower on count 3) Arms held in 2 nd position, or simple port de bras to 2 nd position Counts for arms: 1 lift arms to 1 st , 2 open arms to second, 4 lower arms to bras bas
Arabesque	Second arabesque a terre
	Third arabesque a terre
Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	As per previous level
Pirouette	Pirouette preparation - Quarter, half and single turns from 3rd position
Petit allegro	Saute (as per previous levels)
	Changement (as per previous level)
	Soubresaut
	Jete (as per previous level)
	Glissade devant
	Assembles over
	Simple coupe, over and under
Gallops	As per previous level
Polka	As per previous level
Pas de basque	Pas de basque glisse en avant, en face
Balance	Combine de cote and en avant / en arriere
Reverence	As per previous level

Ballet steps – Level 2C

Basics

Arm positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	Quarter turn with slight forward tilt (especially when leg is in degage devant)
	Quarter turn with slight backward tile (especially when leg is in degage derriere)

Barre

Arms	As per previous level
Cambre/penche	Forwards (penché) recover with straight spine
	Sideways (cambré) away from barre
	Preparation for back cambré (arm and head movement only)
Plie	As per previous level
Battement tendu	<p>Include head positions with a tilt</p> <p>Tendu devant</p> <ul style="list-style-type: none"> arm second or fifth, head ¼ turn away from the barre with a slight head tilt backwards <p>Tendu derriere</p> <ul style="list-style-type: none"> arm seconde, head ¼ turn away from the barre with a slight head tilt backwards arm arabesque, head ¼ turn away from the barre with a slight head tilt backwards Arm and head can move simultaneously, but not while legs are moving
Battement glisse	To second from first, facing the barre, in 1 count/glisse (accent in)
Rond de jambe a terre	With fondu (after passing through first position)
Battement soutenu	En fondu, en avant, a la seconde, en arriere, en croix, in 4 counts, with arm coordination (simple port de bras from bras bas to first, to second, back to bras pas)
	En fondu, en avant, a la seconde, en arriere, en croix, in 2 counts, with arm held in second and with arm coordination
Assemble soutenu	Perform en fondu)
Rotation	Quarter turn

	From devant (sideways to the barre) to a la seconde (facing barre) From a la seconde (facing the barre) to derriere (sideways to the barre) From derriere (sideways to to the barre) to a la seconde (facing the barre) From second (facing the barre) to devant (sideways to the barre)
Battement frappe	Battement frappe en croix, in 4 counts and 2 counts – arm held in 2nd
Battement fondu	En croix en l'air, to 45 degrees, with simple port de bras
Develope	As per previous level
Demi grand and grand rond de jambe	Demi grand rond de jambe en dehor, 45 degrees (prepare with retire developpe, or swish) From devant to second, and from second to derriere
Arabesque	Arabesque en l'air, derriere Teach initially facing the barre, then progress to sideways to the barre
Grand battement	En croix, 2ith arm coordination (5 th for devant, 2 nd for 2 nd , arabesque for derriere)
Tombe	Tombe from demi pointe (to degage a terre or en l'air) en arriere
Eleve	As per previous level
Releve	Echappe en demi pointe en croix (sideways to the barre)
	Releve retire devant and derriere (facing barre)
Demi detourne	As per previous level
Pose on demi pointe	Pose coupe en arriere with straight supporting leg, (sideways to the barre), with gesture foot retire devant
Balance on demi pointe	As per previous level

Centre

Port de bras	Reverse port de bras (from bras bas → through second → fifth → first → bras bas)
Demi plie	Demi plie and rises in third and fourth
Degage	As per previous level
Temp lie	Temp lie en l'air en arriere
Chasse	Chasse passe en avant in 4 counts
Pose	Pose coupe en avant Can first be taught with a pose onto the whole foot, progressing to performing the pose onto demi-pointe
Tombe	As per previous level
Retire	As per previous level
Develope	Develope en croix (or ouverte/efface) 4 counts: 1 retire, 2 developpe, 3 hold, 4 lower to degage and close Arm positions: Devant – 3 rd or 4 th A las seconde – 2 nd

	Derriere – 3 rd or 2 nd arabesque
Arabesque	As per previous level
Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	As per previous level
Pirouette	
Chaine turn	Chaine turn (with chasse or pose preparation)
Petit allegro	Echappe saute a la seconde
	Changement (as per previous level)
	Soubresaut
	Jete ordinaire, devant
	Glissade over
	Assembles over
	Sissone ordinaire devant ,derriere,
	Sissone ordinaire passe en avant and en arriere
	Simple coupe, over and under (as per previous level)
Pas de chat, derriere	
Gallops	As per previous level
Polka	As per previous level
Pas de basque	Pas de basque glisse en avant, with change of direction (quarter turn)
Balance	Balance de cote with quarter turn (turn inwards)
Reverence	As per previous level

Ballet steps: Level 2D

Basics

Arm positions	Fourth opposition (gesture leg opposite to high arm) and ordinaire (gesture leg same as high arm)
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	Sideways (cambré) with degage (toward or away from barre)
	Backwards (cambré) - recover arm 5 th
Plie	As per previous level
Battement tendu	Head and arm can move while performing a tendu
Battement glisse	En croix, sideways to the barre, In 2 counts (accent out) and 1 count (accent in) (mix how many on each leg, eg 1, 2, 3, 4)
Rond de jambe a terre	With plie through 1st
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	Half turn
	Rotation from devant (sideways to the barre) through second (facing barre) to derriere (sideways to the barre)
	Rotation from derriere (sideways to the barre) through second (facing the barre) to devant (sideways to the barre)
Battement frappe	Battement frappe, to second, double beats
Battement fondu	As per previous level
Developpe	Enveloppe (reverse developpe) from devant, derriere and a la seconde
	Developpe passe, en avant and en arriere
Demi grand and grand rond de jambe	Demi grand rond de jambe en dedan 45 degrees (prepare with retire developpe, or swish)
	From derriere to second, and from second to devant)
Arabesque	As per previous level
Attitude	Attitude devant and derriere (from retire)
	Teach initially facing the barre, then progress to sideways to the barre

Grand battement	As per previous level
Tombe	As per previous level
Eleve	As per previous level
Releve	Releve retire passe en avant and en arriere (facing barre)
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	Pas de bourree pique (barre) in 4 counts
Balance on demi pointe	Balance on demi pointe in retire devant or to the side

Centre

Port de bras and cambre/penche	Backward cambré (feet in fifth or degage devant or derriere)
	Side cambré (feet in closed position or degagé)
Demi plie	As per previous level
Degage	With change of direction from ouverte Start ouverte, degage back foot to second, pivot en face, close derriere ouverte
Temp lie	As per previous level
Chasse	Chasse passe en arriere in 4 counts
Pose	Pose coupe en arriere (retire derriere) Can first be taught with a pose onto the whole foot, progressing to performing the pose onto demi-pointe
Tombe	As per previous level
Retire	As per previous level
Developpe	As per previous level
Arabesque	Arabesque first, second and third, en l'air
Walks and runs	As per previous level
Demi pointe	Echappe releve to second and releve fifth en demi pointe, accent up, centre
	Releve retire devant and derriere
	Demi-detourne, in the centre
Pas de bourree	As per previous level
Turns	Pirouette as per previous level
	Chaine as per previous level
	Petit pas de basque en tournant
Petit allegro	Echappe saute en croix Arms en avant in fourth, a la seconde in second
	Changement (as per previous level)
	Soubresaut
	Jete ordinaire, devant
	Glissade over and under
	Assembles over and under

	Sissone ordinaire devant ,derriere,
	Sissone ordinaire passe en avant and en arriere
	Simple coupe, over and under (as per previous level)
	Pas de chat, derriere
Gallops and polka	As per previous level
Pas de basque	Pas de basque saute en avant, with change of direction
Balance	Balance de cote with quarter turn (turn outwards)
Reverence	As per previous level

Level 3

Ballet Steps - Level 3A

Basics

Arm positions	Open (allongé) positions for fourth and fifth, palms down
	Open (allongé) fifth, palms up
Foot positions	Fifth position
	Fourth opposite fifth
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	Alternating feet (devant, derriere, second, devant – and reverse)
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	Sideways (cambré) with degage en fondu (toward or away from the barre)
	Backwards (cambré) - recover arm 2 nd
Plie	As per previous level
Battement tendu	Battement tendu in 1 count – accent out or in
	Tendu with alternating feet (eg devant with outside foot, derriere with inside foot, second with outside foot (close derriere), devant with inside foot)
Battement glisse	Add head coordination, ¼ turn away from the barre for devant and derriere, ¼ turn towards the barre for second, arm held in second position
Rond de jambe a terre	Rond de jambe in 1 count (in 6/8 or other compound time)
Battement soutenu	Drawing up to demi pointe on close
Assemble soutenu	Drawing up to demi pointe (on closing phase)
Rotation	As per previous level
Battement frappe	Battement frappe, en croix, double beats
Adage	
Battement fondu	En l'air, alternating legs
Develope	Develope with alternating legs
Demi grand and grand rond de jambe	Grand rond de jambe en dehor
Arabesque	As per previous level
Attitude	As per previous level
Grand battement	Alternating legs

Tombe	As per previous level
Demi pointe	
Eleve	Rises on 1 leg, gesture leg petit retire or retire
Releve	Releve retire devant, derriere, and passe en avant and en arriere (sideways to the barre)
Demi detourne	Demi-detourne, away from the barre
Pose on demi pointe	Combination of pose coupe en avant, en arriere, and de cote, with petit developpe into pose
Pas de bourree	Pas de bourree pique (facing the barre) in 2 counts
Balance on demi pointe	Balance on demi pointe in retire derriere

Centre

Port de bras and cambre/penche	Circular port de bras in grand 4 th (lunge) (teach initially without the back cambre)
Plie	Grand plie in first and second
Degage	As per previous level
Rotation	Rotation a terre, straight supporting leg, from <ul style="list-style-type: none"> • devant to derriere • derriere to devant
Assemble soutenu	Assemble soutenu en dehor, with straight supporting leg or en fondu
Adage	
Temp lie	Temps lie en l'air: En avant, gesture leg straight or attitude Sequence: count 1 degage, count 2 plie, count 3 transfer weight and lift gesture leg en l'air simultaneously (45 degrees), counts 4-7 hold, count 8 lower and close. Timing and arms: as per Level 2 Direction: combine croise (for en avant and en arriere) and en face (for de cote)
Chasse	Chasse passe en avant or en arriere in 2 counts
Tombe	Tombe from demi pointe (to degage a terre or en l'air) En avant
Battement fondu	En croix, a terre in the centre
Retire	As per previous level
Developpe	Developpe ecarte devant (learn a terre first, then en l'air)
Arabesque	As per previous level
Walks and runs	As per previous level
Demi pointe	
Eleve	Eleve / rise from third to sou sous, arms from bras bas up to fifth for four counts, hold for another four counts
Echappe releve	Echappe releve en croix
Releve retire	Releve retire passe en avant and passe en arriere
Pose on demi pointe	Pose into first arabesque – prepare with straight leg or petit developpe

	Can first be taught with a pose onto the whole foot, progressing to performing the pose onto demi-pointe
Pas de bourree	Pas de bourree en avant
	Pas de bourree pique devant
	Pas de bourree couru sur le place
Turns	
Pirouette en dehor	Single pirouette from 4 th position, ending in grand fourth
Chaine	Chaine as per previous level
Petit pas de basque en tournant	Petit pas de basque en tournant
Pose turns	Pose turns en dedan
Allegro	
Echappe saute	Echappe saute en croix Arms en avant in fourth, a la seconde in second
Changement	Changement (as per previous level)
Soubresaut	Soubresaut
Jete	Jete ordinaire, en avant
	Jete (petit jete or jete ordinaire), temp leve
Glissade	Over and under
Assemble	Devant and derriere
Sissone	Sissone ordinaire (as per previous level)
	Sissone ouverte, en avant Arms to demi bras, arabesque, or fourth (front or back arm high)
	Sissone ferme, en avant (same arms as ouverte)
Ballonne	Ballonné simple en avant, centre
Simple coupe	As per previous level
Pas de chat	As per previous level
Gallops and polka	As per previous level
Pas de basque	Preparation for pas de basque glisse en arriere – glissade de cote over (start back foot and close derriere), chasse en arriere to degage devant, close 3 rd
Balance	Balance de cote with half turn (inwards and outwards)
Combinations	Chasse en avant, pas de bourree under
	Chasse de cote (arms first), pas de bourre under (arms second), glissade (arms third), glissade
	Preparation for coupe, chasse, pas de bourre, pirouette: Chasse en avant, pas de bourree over
Reverence	As per previous level

Ballet Steps - Level 3B

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	Sideways (cambéré) with degage, with transfer of weight (Towards and away, in either order)
	Forward with degagé, en fondu (devant or derriere)
	Backward with degagé (straight or fondu) devant or derriere
Plie	As per previous level
Battement tendu	Battement tendu en cloche
Battement glisse	Add tilt for head coordination (tilt slightly back when glisse devant ,and slightly forward for glisse derriere)
Rond de jambe a terre	With arm coordination: Bras bas, first and 2 nd , for en dehor and en dedan
Battement soutenu	As per previous level
Assemble soutenu	Preparation for assemble soutenu en tournant en dehor and en dedan: assemble soutenu en fondu, draw up to demi pointe on the close, demi detourne Initially in 4 counts, then progress to 2 counts
Battement frappe	Battement frappe on demi pointe – in 2 counts, to second position, alternating close devant and derriere
Battement frappe fouette	Battement frappe fouetté – 45 degrees, arm second, alternate devant and derriere, accent out or in, one or count counts per frappe fouette
Adage	
Battement fondu	En l'air en croix
Develope	Develope en fondu, en croix or alternating legs
Demi grand and grand rond de jambe	Grand rond de jambe en dedan
Arabesque	As per previous level

Attitude	Attitude devant and derriere on demi pointe
Fouette of adage	Develope to second (sideways to the barre) and pivot to arabesque (3 pivots) to face the barre)
Change of direction	
Rotation	From derriere, through second, to devant starting with straight leg and ending en fondu starting en fondu and ending with a straight supporting leg
Fouette	Foutte a terre en dehor from degage (degage devant, then quickly change body (whipping around) direction to the opposite side, and rotating the leg into degage derriere a terre – finish en fondu or on straight leg
Grand battement	As per previous level
Tombe	As per previous level
Demi pointe	
Eleve	Rises on 1 leg, gesture leg petit developpe on rise, en croix
Releve	As per previous level
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	Facing the barre
Fouette rond de jambe en tournant	Preparation for fouette rond de jambe, in 4 counts Begin keeping supporting leg straight and on whole foot Progress to adding a fondu on extension devant and straighten supporting leg on rond to second Progress to adding releve on the rond to second
Balance on demi pointe	Balance on demi pointe in petit retire

Centre

Port de bras and cambre/penche	Circular port de bras with transference of weight (teach initially without the back cambre)
Plie	As per previous level
Battement tendu	Battement tendu devant and a la seconde in the centre in 4 or 2 counts/tendu
Battement soutenu	Battement soutenu en fondu in the centre, en croix, in 4 counts
Assemble soutenu	Assemble soutenu en dedan, with straight supporting leg or en fondu
Rond de jambe a terre	En dehor and en dadan, centre in 4 counts
Grand battement	Grand battement en croix
Degage	With change of direction from ouverte Start ouverte, degage front foot to second, pivot en face, close devant ouverte
Rotation	Rotation a terre, supporting leg either from straight to fondu, or from fondu to straight

	<ul style="list-style-type: none"> • devant to derriere • derriere to devant
Assemble soutenu	As per previous level
Adage	
Temp lie	Temp lie en l'air (sequence, timing, arms, direction same as for previous level) De cote, and combine en avant and de cote
Chasse	Chasse passe en avant, with change of direction, in 2 or 4 counts
Tombe	Tombe from demi pointe (to degage a terre or en l'air): dDe cote
Battement fondu	En croix, en l'air in the centre
Retire	As per previous level
Developpe	Developpe passe en avant and en arriere
Arabesque	As per previous level
Attitude	Attitude ordinaire devant and derriere en l'air (high arm is same as gesture leg)
Walks and runs	As per previous level
Demi pointe	Pose into second arabesque – prepare with straight leg or petit developpe Can first be taught with a pose onto the whole foot, progressing to performing the pose onto demi-pointe
Pas de bourree	Pas de bourre en arriere
	Pas de bourree couru en tournant
Turns	
Pirouette en deho	As per previous level
Chaine	As per previous level
Petit pas de basque ne tournant	As per previous level
Pose turns	As per previous level
Assemble soutenu en tournant	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	Petit jete passe en arriere
Jete ordinaire	As per previous level
Glissade	As per previous level
Assemble	As per previous level
Sissone	Sissone ordinaire (as per previous level)
	Sissone ouverte, en arriere
	Sissone ferme (as per previous level)
Ballonne	Ballonnés composé en avant (ballonné simple, chasse en avant to degage derriere, and close 5th)

Pas de chat	As per previous level
	Pose, temp leve arabesque
	Demi contretemps
Gallops and polka	As per previous level
Pas de basque	Pas de basque glisse en arriere, en face
Balance / waltz	Pas de valse en avant (continues to travel forward, unlike the balance en avant with one step forward and two on the spot) preparation for waltz turn
	Pas de valse en arriere
	Pas de valse en avant and en arriere without turning (moves forward and back)
Combinations	Coupe chasse pas de bourree under
	Coupe, chasse a la seconde (arms first), pas de bourre over (arms second), glissade (arms third), assemble over (arms open fourth)
	Preparation for coupe, chasse, pas de bourre, en dehor pirouette: Coupe, chasse en avant, pas de bourree over
Reverence	As per previous level

Ballet Steps - Level 3C

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	Ecarté – the same side arm as the working leg is usually in a high fifth position. Devant (facing one of the two front corners) and derriere (facing one of the two back corners)
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	Half circular (side to devant)
	Half circular (side to derriere)
Plie	As per previous level
Battement tendu	Close with demi plie
Battement glisse	Battement glisse with alternating leg pattern
Rond de jambe a terre	With arm coordination: To fifth (bras bas, first, 5 th , 2 nd), for en dehor
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	With straight supporting leg From devant, through second, to derriere From derriere, through second, to devant
Battement frappe	Battement frappe on demi pointe en croix, 2 counts/frappe
Adage	
Rond de jambe en l'air	En dehor, 4 or 2 counts, leg 45 degrees
Battement fondu	En croix en l'air, with rise to demi pointe on close
Developpe	As per previous level
Demi grand and grand rond de jambe	Demi grand rond de jamb en dehor with use of fondu
Arabesque	Arabesque allongé en fondu
Attitude	As per previous level
Fouette of adage	As per previous level

Fouette	Fouette a terre en dedan from degage (degage derriere, fouette to rotate leg into degage devant)
Grand battement	En cloche (straight gesture leg) – devant and derriere
Tombe	As per previous level
Demi pointe	
Eleve	As per previous level
Releve	Releve from fifth (barre)
	Releve passe en avant with half turn, en dedan
Demi detourne	As per previous level
Pose on demi pointe	Pose into arabesque on demi pointe
Pas de bourree	As per previous level
Coupe fouette raccourci	Coupe fouette raccourci in 2 counts, sideways to the barre
Fouette rond de jambe en tournant	Preparation for fouette rond de jambe en tournant Add a single turn on the last fouette rond de jambe in the set Progress to add a turn to each fouette rond de jambe
Balance on demi pointe	Balance on demi pointe in arabesque or attitude derriere

Centre

Port de bras and cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	Battement tendu derriere in the centre, in 4 or 2 counts/tendu
	Battement tendu en croix in the centre
Battement soutenu	Battement soutenu en fondu in the centre, en croix, in 2 counts
Assemble soutenu	As per previous level
Rond de jambe a terre	Centre in 2 counts
Battement frappe	Battement frappe in the centre to second
Grand battement	Grand battement with alternating legs
Assemble soutenu	As per previous level
Adage	
Temp lie	En arriere, gesture leg straight or attitude, and combine en arriere and de cote (sequence, timing, arms, and direction as per previous level)
Chasse	Chasse passe en arriere, with change of direction in 4 counts
Tombe	From demi pointe (to degage a terre or en l'air) en arriere
Battement fondu	As per previous level
Retire	As per previous level
Developpe	As per previous level
Arabesque	As per previous level
Attitude	Attitude opposition devant and derriere en l'air (high arm is opposite to gesture leg)

Demi grand and grand rond de jambe	Demi grand rond de jambe en dehor in the centre (devant to second, and second to derriere)
Change of direction	
Degage	Degage devant with quarter turn en dehor – start croise, turn towards front foot, full rotation (ie 4 degage), 2 counts/degage
Rotation	As per previous level
Fouette	Fouette a terre en dehor from degage (degage devant, then quickly change body (whipping around) direction to the opposite side, and rotating the leg into degage derriere a terre – finish en fondu or on straight leg
Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	Pas de bourree couru de cote
Turns	
Pirouette en dehor	Pirouette en dehor (as per previous level)
Pirouette en dedan	Preparation for pirouette en dedan (1/4 turn from one front corner to the other)
Chaine	Chaine (as per previous level)
Petit pas de basque en tournant	Petit pas de basque en tournant (as per previous level)
Pose turn en dedan	Pose turns en dedan (as per previous level)
Pose turn en dehor	Pose turns en dehor (lame duck)
Assemble soutenu en tournant	Assemble soutenu en tournant en dedan, from a small lunge (as per previous level)
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	Petit jete passe en avant
Jete ordinaire	As per previous level
Glissade	Glissade (as per previous level)
Assemble	Petit assemble, devant and derriere
Sissone	Sissone ordinaire (as per previous level)
	Sissone ouverte, en arriere (as per previous level)
	Sissone ferme, en arriere
Ballonne	Ballonné simple, en arriere
Pas de chat	Pas de chat, derriere (as per previous level)
Other allegro	Chasse, temp leve in arabesque
	Demi contretemp, assemble over
Grand jete	Grand jete en avant, preceded by three runs or gallop
Gallops and polka	As per previous level
Pas de basque	Pas de basque glisse en arriere, with change of direction (quarter turn)

Balance / waltz	Pas de valse en tournant (waltz turn)
Combinations	Coupe, chasse en avant (arms first), pas de bourre over to finish in fourth (arms second), glissade de cote (arms third), assemble over (arms open fourth)
	Preparation for coupe, chasse, pas de bourree preparation for en dehor pirouette from fourth - Coupe chasse pas de bourree, arms demi bras, place in fourth, releve, lower fourth lunge derriere
Reverence	As per previous level

Ballet Steps - Level 3D

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	Full circle (towards the barre)
	Full circle (away from the barre)
Plie	As per previous level
Battement tendu	Demi plie, degage on fondu, straighten, close
Battement glisse	Battement glisse en cloche
	Battement glisse with pique
Rond de jambe a terre	With arm coordination: Reverse (5 th , 1 st , bras bas, 2 nd) for en dedan
Battement soutenu	As per previous level
Assemble soutenu	Assemble soutenu combined with chasse passe <ul style="list-style-type: none"> en dehor followed by chasse passe en avant en dedan followed by chasse passe en arriere
Rotation	With fondu (either start or end en fondu) <ul style="list-style-type: none"> From devant, through second, to derriere From derriere, through second, to devant
Battement frappe	Battement frappe en demi point – doubles to second
Petit battement	Petit battement sur le cou de pied 1 count, accented devant or derriere, on the whole foot
Battement frappe fouette	Battement frappe fouette en demi-pointe
Adage	
Rond de jambe en l'air	En l'air en dedan, 4 or 2 counts, leg 45 degrees
Battement fondu	With rise on extension and free port de bras

Developpe	As per previous level
Demi grand and grand rond de jambe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Fouette of adage	Fouette of adage from devant to derriere, start sideways to the barre, pivot towards the barre
Fouette	Fouette en l'air en dehor from degage, on flat, leg at 45 degrees
Grand battement	En cloche (attitude) – devant and derriere
	Grand battement pique
Tombe	As per previous level
Demi pointe	
Eleve	As per previous level
Releve	Releve passe en avant with half turn, en dehor
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	Balance on demi pointe in attitude devant or with leg extended en l'air devant

Centre

Port de bras and cambre/penche	Forward port de bras from lunge (grand 4 th)
Plie	As per previous level
Battement tendu	Battement tendu with alternating feet in the centre
Battement soutenu	Battement soutenu en fondu in the centre, closing en demi pointe, in 2 or 4 counts
Assemble soutenu	As per previous level
Rond de jambe a terre	Centre in 1 count (in 6/8 or other compound time)
Battement frappe	Battement frappe in the centre en croix
Grand battement	Battement en cloche, straight gesture leg
Assemble soutenu	As per previous level
Adage	
Temp lie	Combine en avant, de cote, and en arriere Sequence, timing, arms, and direction same as previous level
Chasse	Chasse passe en arriere, with change of direction, in 2 counts
Tombe	As per previous level
Battement fondu	As per previous level
Retire	As per previous level
Developpe	As per previous level

Arabesque	As per previous level
Attitude	Attitude a deux bras (arms 5 th), a terre and en l'air
Demi grand and grand rond de jambe	Demi grand rond de jambe en dedan in the centre (derriere to second, and second to devant)
Degage	Degage devant with quarter turn en dedan
Rotation	Rotation en l'air (45 degrees), straight supporting leg <ul style="list-style-type: none"> • devant to derriere • derriere to devant
Fouette	Fouette a terre en dedan from degage (degage derriere, fouette to rotate leg into degage devant)
Walks and runs	As per previous level
Demi pointe	Coupe fouette raccourci
Pas de bourree	Pas de bourree couru en avant or en arriere
Turns	
Pirouette en dehor	As per previous level
Pirouette en dedan	Single turn, arms in 1 st position in turn
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	En dedan, prepare with degage a la seconde en fondu
Fouette rond de jambe en tournant	Preparation for fouette rond de jambe in the centre Begin keeping supporting leg straight Progress to adding fondu Progress to adding releve
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	Petit jete passe en avant by half turn (2 jetes, ie one full turn)
Jete ordinaire	As per previous level
Glissade	As per previous level
Assemble	As per previous level
Sissone	Sissone ferme de cote, over and under
Ballonne	Ballonné composé en arriere (ballonné simple, chasse en arriere to degage devant, and close 5 th)
Pas de chat	As per previous level
Other allegro	Coupe fouette raccourci saute
Grand jete	Saut de chat (flick leap)
Gallops and polka	As per previous level

Pas de basque	Pas de basque saute en arriere, with change of direction
Balance / waltz	As per previous level
Combinations	Chasse, coupe, chasse, temp levé (arabesque), to be executed around the room
	Coupe, chasse, pas de bourree, single pirouette en dehor (lower into grand fourth / lunge croise)
Reverence	As per previous level

Level 4

Ballet Steps - Level 4A

Basics

Arm positions	Use of epaulment in various position (bras bas, third, fourth, arabesque)
Foot positions	Weight on one leg: Sur le cou-de-pied (wrapped)
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	Battement tendu releve
Battement glisse	Battement glisse , close in demi plie
Rond de jambe a terre	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	Battement frappe en demi point – doubles en croix
Petit battement	Petit battement sur le cou-de-pied en demi pointe (single), 1 count, accented devant or derriere
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	En l'air, en dehor and en dedans, 1 count, leg 45-90 degrees
Battement fondu	As per previous level
Develope	Develope en demi point, en croix or alternating legs
Demi grand and grand rond de jambe	Demi grand rond de jambe en dedan with use of fondu
Arabesque	Arabesque Penché
Attitude	As per previous level
Fouette of adage	Fouette of adage from derriere to devant, start sideways to the barre, pivot towards the barre
Fouette	Fouette en lair, an dedan from degage, on flat, leg at 45 degrees
Grand battement	Grand battement developé and envelope
Tombe	As per previous level

Demi Pointe	
Eleve	Rises in attitude derriere en l'air
Releve	Releve from one foot, gesture leg petit retire
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	Pas de bourree pique with half turn
Coupe fouette raccourci	As per previous level
Balance on demi pointe	Balance on demi pointe in second position

Centre

Port de bras and cambre/penche	Degage devant, fondu and port de bras forward (penche)
Plie	Demi plie, rises and full plie in first and second, demi plie and rises in third and fourth
Battement tendu	Battement tendu en croix or with alternating feet in 2 and 1 counts
Battement glisse	Battement glisse en croix or alternating legs in the centre, 4 counts/glisse
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	Rond de jame a terre, in 4, 2, or 1 counts, with arm coordination
Battement frappe	Battement frappe in the centre, doubles to second
	Battement frappe fouette to second
Grand battement	Battement en cloche, attitude gesture leg
Assemble soutenu	As per previous level
Adage	
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	As per previous level
Retire	As per previous level
Developpe	Developpe en fondu, all positions
Arabesque	As per previous level
Attitude	Attitude with arms in fourth crossed, a terre and en l'air, devant and derriere
Demi grand and grand rond de jambe	Grand rond de jambe en dehor in the centre
Degage	Degage a la second, with quarter turn – en dehor and en dedan
Rotation	Rotation (derriere to devant) with $\frac{3}{4}$ turn
Promenade	Promenade en dehor, gesture leg derriere
	Gesture leg attitude or arabesque
Fouette	Fouette en l'air en dehor from degage, on flat, leg at 45 degrees

Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	Pas de bourree pique derriere
	Pas de bourree en tournant under
Turns	
Pirouette en dehor	Double pirouettes en dehor, from 4 th or 5 th position
Pirouette en dedan	As per previous level
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	Pose, assemble soutenu en tournant, en dedan
Fouette rond de jambe en tournant	Execute two fouette rond de jambe en tournant in the centre, starting from fourth position
Releve passe by half turn	Releve passe by half turn
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	As per previous level
Glissade	Glissade en avant
Assemble	Assemble en avant
Sissone	Sissone changé ouverte, en avant
Ballonne	Ballonné simple de cote
Pas de chat	As per previous level
Other allegro	Full contretemps, coupe chasse preparation
Grand jete	Grand jete en tournant
Gallops and polka	As per previous level
Pas de basque	Grand pas de basque, en avant
Balance / waltz	Pas de valse with inward turn, arms in crossed 4th
Combinations	4 Changement turning (1/4 turn per changement, full revolution every 4 changement)
Reverence	As per previous level

Ballet Steps - Level 4B

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	Battement tendu with petit developpe
Battement glisse	Battement glisse from demi plie
Rond de jambe a terre	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	Battement frappe to second, triple beats
Petit battement	Accented devant or derriere on whole foot or demi point or en fondu
Petit retire	Petit retire
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	En la'ir, en dehor and de dedan, singles, doubles
Battement fondu	As per previous level
Developpe	As per previous level
Demi grand and grand rond de jambe	Grand rond de jambe en dehor with use of fondu
Arabesque	As per previous level
Attitude	As per previous level
Fouette of adage	As per previous level
Fouette	Fouette en l'air, en dehor ,from pose, on demi pointe, leg at 45-90 degrees

Grand battement	Grand battement with fondu on the outwards beat
	Grand battement closing on demi pointe
Tombe	As per previous level
Demi Pointe	
Eleve	As per previous level
Releve	Releve passe en avant with half turn en dedan, followed by releve pass en avant with half turn en dehor
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	As per previous level

Centre

Port de bras and cambre/penche	Full circular port de bras in grand fourth (lunge position)
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	Battement glisse in 2 counts/glisse
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	With fondu (after passing through first position)
Battement frappe	As per previous level
Petit battement	Petit battement sur le cou-de-pied, 1 count, accented devant or derriere, on the whole foot
Grand battement	Grand battement pique
Assemble soutenu	As per previous level
Adage	
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	En croix, en l'air, with rise on close
Retire	As per previous level
Develope	As per previous level
Arabesque	Arabesque a dos (twist from waist to show back to the audience), a terre, en fondu
Attitude	As per previous level
Demi grand and grand rond de jambe	Grand rond de jambe en dedan in the centre
Degage	As per previous level
Rotation	As per previous level
Promenade	Promenade en dehor, gesture leg devant

Fouette	Fouette en l'air, en dedan from degage, on flat, leg at 45 degrees
Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	En tournant derriere
Turns	
Pirouette en dehor	As per previous level
Pirouette en dedan	As per previous level
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	Assemble soutenus en tournant, en dehor
Fouette rond de jambe en tournant	Execute four fouette rond de jambe en tournant in the centre, starting from fourth position
Releve passe by half turn	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	As per previous level
Glissade	Glissade en arriere
Assemble	Assemble en arriere
Sissone	Sissone doublé under, with front foot
Ballonne	Ballonné compose de cote
Pas de chat	As per previous level
Other allegro	Full contretemp, rond de jambe preparation
Grand jete	As per previous level
Gallops and polka	As per previous level
Pas de basque	Grand pas de basque, en arriere
Balance / waltz	As per previous level
Combinations	As per previous level
Reverence	As per previous level

Ballet Steps - Level 4C

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Rond de jambe a terre	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	Battement frappe en croix, triple beats
Petit battement	Petit battement serrés on whole foot, demi-pointe, or en fondu
Petit retire	As per previous level
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	Double rond de jambe en l'air, en dehor and en dedan, extending to devant, second or derriere
Battement fondu	As per previous level
Developpe	As per previous level
Demi grand and grand rond de jambe	Grand rond de jambe en dedan with use of fondu
Arabesque	As per previous level
Attitude	As per previous level
Fouette of adage	As per previous level
Fouette	Fouette en l'air en dedan, from pose, en demi pointe, leg at45-90 degrees

Grand battement	Grand battement en demi pointe
Tombe	As per previous level
Demi Pointe	
Eleve	As per previous level
Releve	Releve from one foot, gesture leg petit developpe en croix
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	As per previous level

Centre

Port de bras and cambre/penche	Forward penché with feet in fifth
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	Battement glisse in 1 count/glisse (accent out or in)
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	As per previous level
Battement frappe	Battement frappe in the centre, doubles en croix
Petit battement	As per previous level
Grand battement	Battement developé and envelope
Assemble soutenu	As per previous level
Adage	
Rond de jambe en l'air	Single rond de jambe en l'air en dehor and en dedan in the centre
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	En croix, en l'air, with rise before closing
Retire	As per previous level
Developpe	As per previous level
Arabesque	Arabesque allongé
Attitude	As per previous level
Demi grand and grand rond de jambe	Demi grand rond de jamb en dehor and en dedan with use of fondu in centre
Degage	As per previous level
Fouette of adage	From second to derriere
Rotation	As per previous level
Promenade	Promenade en dedan, gesture leg derriere
Fouette	As per previous level

Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	Pas de bourree en tournant over
Turns	
Pirouette en dehor	As per previous level
Pirouette en dedan	Pirouette en dedan, single turn, arms in 5 th position in turn
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	As per previous level
Fouette rond de jambe en tournant	Execute eight fouette rond de jambe en tournant in the centre, starting from fourth position
Releve passe by half turn	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	Saut de basque (jete ordinaire devant, with a full turn)
Glissade	As per previous level
Assemble	Assemble porte
Sissone	Sissone doublé over, with back foot
Ballonne	As per previous level
Pas de chat	As per previous level
Other allegro	As per previous level
Grand jete	As per previous level
Gallops and polka	As per previous level
Pas de basque	As per previous level
Balance / waltz	As per previous level
Combinations	As per previous level
Reverence	As per previous level

Ballet Steps - Level 4D

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Rond de jambe a terre	With demi plie as pass through first
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Petit retire	As per previous level
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	Rond de jambe en la'ir, en dehor and de dedan, double extending with fondu or a rise
Battement fondu	As per previous level
Develope	As per previous level
Demi grand and grand rond de jambe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Renverse	Renverse
Fouette of adage	As per previous level
Fouette	As per previous level

Grand battement	Grand battement en rond, en dehor and en dedan
	Grand battement fouette
Tombe	As per previous level
Demi Pointe	
Eleve	As per previous level
Releve	As per previous level
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	As per previous level

Centre

Port de bras and cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	As per previous level
Battement frappe	As per previous level
Petit battement	Petit battement serres on whole foot in the centre
Grand battement	As per previous level
Assemble soutenu	As per previous level
Adage	
Rond de jambe en l'air	Double rond de jambe en l'air, en dehor and en dedan in the centre
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	En croix, en l'air, with rise on extension
Retire	As per previous level
Developpe	As per previous level
Arabesque	Arabesque penché
Attitude	As per previous level
Demi grand and grand rond de jambe	Grand rond de jambe en dehor and en dedan in the centre
Degage	As per previous level
Fouette of adage	From second to devant
Rotation	As per previous level

Promenade	Promenade en dedan, gesture leg devant
Fouette	Fouette en l'air en dedan, from pose, en demi pointe, leg at 45-90 degrees
Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	En tournant devant
Turns	
Pirouette en dehor	As per previous level
Pirouette en dedan	Pirouette en dedan, single turn, gesture leg in arabesque or attitude, arms in 4 th or arabesque
	Pirouette en dedan, double turn, arms in 1 st position turn
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	As per previous level
Fouette rond de jambe en tournant	As per previous level
Releve passe by half turn	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	As per previous level
Glissade	As per previous level
Assemble	As per previous level
Sissone	Sissone ouvert change, en arriere
Ballonne	As per previous level
Pas de chat	As per previous level
Other allegro	Temp de fleche
Grand jete	Jete rond de jambe saute – singles en avant (en dedan) and en arriere (en dehor)
Gallops and polka	As per previous level
Pas de basque	As per previous level
Balance / waltz	As per previous level
Combinations	As per previous level
Reverence	As per previous level

Level 5

Ballet Steps - Level 5A

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Rond de jambe a terre	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Petit retire	As per previous level
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	As per previous level
Battement fondu	As per previous level
Developpe	As per previous level
Demi grand and grand rond de jambe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Reverse	As per previous level
Fouette of adage	As per previous level
Fouette	As per previous level
Grand battement	As per previous level
Tombe	As per previous level

Demi Pointe	
Eleve	As per previous level
Releve	As per previous level
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	As per previous level

Centre

Port de bras and cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Grand battement	As per previous level
Assemble soutenu	As per previous level
Adage	
Rond de jambe en l'air	
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	As per previous level
Retire	As per previous level
Develope	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Demi grand and grand rond de jambe	As per previous level
Degage	As per previous level
Fouette of adage	From devant to second
Rotation	As per previous level
Promenade	As per previous level
Fouette	Fouette saute en dehor (devant to derriere)
Walks and runs	As per previous level
Demi pointe	As per previous level

Pas de bourree	As per previous level
Turns	
Pirouette en dehor	Single pirouette en dehor finishing in open position (attitude derriere or arabesque)
Pirouette en dedan	Pirouette en dedan, double turn, arms in 5 th position in turn
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	As per previous level
Fouette rond de jambe en tournant	As per previous level
Releve passe by half turn	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	As per previous level
Glissade	As per previous level
Assemble	As per previous level
Sissone	Temps de cuisse in 2 counts – French (with petit retire passe) en avant, en arriere, over and under, Italian (with degage) over and under
Ballonne	As per previous level
Ballotte	Ballotte en avant
Pas de chat	As per previous level
Other allegro	As per previous level
Grand jete	As per previous level
Gallops and polka	As per previous level
Pas de basque	As per previous level
Balance / waltz	As per previous level
Combinations	As per previous level
Reverence	As per previous level

Ballet Steps - Level 5B

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Rond de jambe a terre	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Petit retire	As per previous level
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	As per previous level
Battement fondu	As per previous level
Developpe	As per previous level
Demi grand and grand rond de jambe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Reverse	As per previous level
Fouette of adage	As per previous level
Fouette	Fouette en l'air en dehor from releve (devant to derriere)
Grand battement	As per previous level

Tombe	As per previous level
Demi Pointe	
Eleve	As per previous level
Releve	As per previous level
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	As per previous level

Centre

Port de bras and cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Grand battement	As per previous level
Assemble soutenu	As per previous level
Adage	
Rond de jambe en l'air	As per previous level
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	As per previous level
Retire	As per previous level
Developpe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Demi grand and grand rond de jambe	As per previous level
Degage	As per previous level
Fouette of adage	From derriere to second
Renverse	Renverse
Rotation	As per previous level
Promenade	As per previous level
Fouette	Fouette saute en dedan (derriere to devant)

Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	As per previous level
Turns	
Pirouette en dehor	Single pirouette en dehor, finishing in open position (devant)
Pirouette en dedan	As per previous level
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	As per previous level
Fouette rond de jambe en tournant	As per previous level
Releve passe by half turn	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	As per previous level
Glissade	As per previous level
Assemble	As per previous level
Sissone	Sissone fermee change, en avant and en arriere
Ballonne	As per previous level
Ballotte	Ballottee en arriere
Pas de chat	As per previous level
Other allegro	As per previous level
Grand jete	As per previous level
Gallops and polka	As per previous level
Pas de basque	As per previous level
Balance / waltz	As per previous level
Combinations	As per previous level
Reverence	As per previous level

Ballet Steps - Level 5C

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Rond de jambe a terre	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Petit retire	As per previous level
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	As per previous level
Battement fondu	As per previous level
Developpe	As per previous level
Demi grand and grand rond de jambe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Reverse	As per previous level
Fouette of adage	As per previous level
Fouette	Fouette en l'air en dedan from releve (derriere to devant)
Grand battement	As per previous level

Tombe	As per previous level
Demi Pointe	
Eleve	As per previous level
Releve	As per previous level
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	As per previous level

Centre

Port de bras and cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Grand battement	As per previous level
Assemble soutenu	As per previous level
Adage	
Rond de jambe en l'air	As per previous level
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	As per previous level
Retire	As per previous level
Developpe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Demi grand and grand rond de jambe	As per previous level
Degage	As per previous level
Fouette of adage	From devant, through second, to derriere
Renverse	As per previous level
Rotation	As per previous level
Promenade	As per previous level
Fouette	Fouette en l'air en dehor from releve (devant to derriere)

Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	As per previous level
Turns	
Pirouette en dehor	Single pirouette en dehor, finishing in open position (second)
Pirouette en dedan	Pirouette en dedan, double turn, gesture leg in arabesque or attitude, arms in 4 th or arabesque
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	As per previous level
Fouette rond de jambe en tournant	As per previous level
Releve passe by half turn	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	As per previous level
Glissade	As per previous level
Assemble	As per previous level
Sissone	As per previous level
Ballonne	As per previous level
Ballotte	As per previous level
Pas de chat	As per previous level
Other allegro	As per previous level
Grand jete	As per previous level
Gallops and polka	As per previous level
Pas de basque	As per previous level
Balance / waltz	As per previous level
Combinations	As per previous level
Reverence	As per previous level

Ballet Steps - Level 5D

Basics

Arm positions	As per previous level
Foot positions	As per previous level
Directions of the limbs	As per previous level
Body facing	As per previous level
Direction of movement	As per previous level
Patterns of leg movement	As per previous level
Level of legs	As per previous level
Head coordination	As per previous level

Barre

Arms	As per previous level
Cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Rond de jambe a terre	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rotation	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Petit retire	As per previous level
Battement frappe fouette	As per previous level
Adage	
Rond de jambe en l'air	As per previous level
Battement fondu	As per previous level
Develope	As per previous level
Demi grand and grand rond de jambe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Reverse	As per previous level
Fouette of adage	As per previous level
Fouette	As per previous level
Grand battement	As per previous level

Tombe	As per previous level
Demi Pointe	
Eleve	As per previous level
Releve	As per previous level
Demi detourne	As per previous level
Pose on demi pointe	As per previous level
Pas de bourree	As per previous level
Coupe fouette raccourci	As per previous level
Balance on demi pointe	As per previous level

Centre

Port de bras and cambre/penche	As per previous level
Plie	As per previous level
Battement tendu	As per previous level
Battement glisse	As per previous level
Battement soutenu	As per previous level
Assemble soutenu	As per previous level
Rond de jambe a terre	As per previous level
Battement frappe	As per previous level
Petit battement	As per previous level
Grand battement	As per previous level
Assemble soutenu	As per previous level
Adage	
Rond de jambe en l'air	As per previous level
Temp lie	As per previous level
Chasse	As per previous level
Tombe	As per previous level
Battement fondu	As per previous level
Retire	As per previous level
Developpe	As per previous level
Arabesque	As per previous level
Attitude	As per previous level
Demi grand and grand rond de jambe	As per previous level
Degage	As per previous level
Fouette of adage	From derriere, through second, to devant
Renverse	As per previous level
Rotation	As per previous level
Promenade	As per previous level
Fouette	Fouette en l'air en dedan from releve (derriere to devant)

Walks and runs	As per previous level
Demi pointe	As per previous level
Pas de bourree	As per previous level
Turns	
Pirouette en dehor	Triple pirouettes
Pirouette en dedan	Pirouette n dedan, single finishing in open position (derriere)
Chaine	As per previous level
Petit pas de basque en tournant	As per previous level
Pose turn en dedan	As per previous level
Pose turn en dehor	As per previous level
Assemble soutenu en tournant	As per previous level
Fouette rond de jambe en tournant	Execute 16 fouette rond de jambe en tournant
Releve passe by half turn	As per previous level
Allegro	
Echappe saute	As per previous level
Changement	As per previous level
Soubresaut	As per previous level
Petit jete	As per previous level
Jete ordinaire	As per previous level
Glissade	As per previous level
Assemble	As per previous level
Sissone	As per previous level
Ballonne	As per previous level
Ballotte	As per previous level
Pas de chat	As per previous level
Other allegro	As per previous level
Grand jete	As per previous level
Gallops and polka	As per previous level
Pas de basque	As per previous level
Balance / waltz	As per previous level
Combinations	As per previous level
Reverence	As per previous level

Batterie development

Prerequisites for batterie

Before beginning batterie, the dancer must have mastered allegro steps such as:

- Saute in first and second
- Soubresaut
- Changement
- Jete ordinaire
- Assemble
- Sissone ordinaire
- Coupe fouette raccourci

Almost any allegro step can be beaten. Before starting to beat steps, the dancer must have mastered the standard version.

Classification of batterie

Here, the batterie steps are presented in categories. For details on the order in which dancers will learn the batterie steps, refer to the Progression section.

2 to 2 (not including brise)

Echappe saute battu

Variations, in order of complexity:

- Beat on the close
- Beat on the open
- Beat on the open and close
- Sans changer (end with the same foot devant)
- Change (end with the other foot devant)
- en tournant (quarter turn on the first jump)
- en tournant (half turn on the first jump)
- finishing on one leg (other leg is coup de pie devant or derrier)

Other batterie from 2-2

- Entrechats quatre
- Changement battu
- Assemble battu over and under

2-1 (not including brise)

- Entrechats trois – derriere and devant
- Entrechat cinq

1-1 (not including brise)

- Jete battus, devant and derriere
- Coupe fouette raccourci battu

Cabriole

- Petit cabriole – 45 degrees
- Grand cabriole – 90 degrees
- Devant, derriere, a la seconde

- Ferme or ouverte

Brisés

- Devant, derriere, over, under, en avant, en arriere,
- 2-2 - devant, derriere, over, under
- 2-1
- 1-2
- 1-1
- en tournant (quarter turns, 4 brise to complete full turn) en dedan (turn to the side of the front foot) and en dehor (turn to the side of the back foot)

Combinations

Coupe brises, devant and derriere

Brise telemaque in 3/4 time

- Brises over R
- Changement battu
- Entrechat trois derriere R
- Brise en arriere R
- Changement battue
- Entrechat trois derriere L

Brise telemaque in 4/4 time

- Brise over
- 2 changement battu
- Entrechat cinq derriere R
- Brise en arriere R
- 2 changement battu
- Entrechat cinq derriere

Progression of batterie

Echappe saute battu

Changement battu

Entrechat quatre

Entrechat trois

Assemble battu

Jete battu

Brise

Cabriole

Brise telemarque in 3/4 time

Entrechat cinq

Brise telemarque in 4/4 time