

# Progressing Pointe Progress Checklist

## Class details

Class day/time	
Teacher	
Date of update	

## Demi pointe in the centre

### From previous level

As per previous level for élevé, relevé, balances, pose, pas de bourree couru, pas de bourree pique, coupé fouetté raccourci, glissade pique de côté, pose coupé, pose arabesque, emboité

### New for this level

Category	Step/ Movement	Details / Development	Progress
Relevé	Chassé relevé into arabesque or attitude		

## Pointe at the barre

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

### New for this level

Category	Step/ Movement	Details / Development	Progress
Rises	Slow rises in first position, parallel or turnout		
	Slow rises in second position, turned out		
	Rise, bend knees (to stretch instep), stretch legs, lower heels		
	Demi plie, lift heels (to stretch instep), stretch legs, lower heels		
Releve	From first or second position, turned out Demi plie, releve, demi plie, stretch legs Develop to multiple releve without stretch in between		
	Demi pointe releve <ul style="list-style-type: none"> <li>• From first position, releve</li> <li>• Lower balls of feet, stretch, repeat</li> <li>• Lower into demi plie, stretch</li> </ul>		
	Echappe releve		

	Preparation for relevé retiré (devant, derriere or passe) – relevé to sous sus, lift to retiré, return to sous sus, plié		
Pas de bourree couru	Sur le place		
Turns	Demi detourne towards the barre		

## Pointe in the centre – non weight bearing

### Previous levels

Still include movements from previous levels, such as:

- Simple movements such as battement tendu and degage, demi plié in first or second, rond de jambe a terre, chassé, temp lie
- Walks en demi pointe, extended walks, lifted walks
- Balancé de côté

Category	Step/ Movement	Details / Development	Progress
Balance	Developpe devant, a la second, derriere		
	Balance in retire (flat foot) or with low extension devant, a la seconde or derriere		
	Arabesque or attitude (from chase, temp lie or developpe_		
	Balance en avant and en arriere		
	Waltz turn		
Pas de basque	Pas de basque glisse		
	Pas de basque saute		