

# Advanced Pointe Progress Checklist

## Class details

Class day/time	
Teacher	
Date of update	

## Pointe in the centre – weight bearing

### New for this level

Category	Step/ Movement	Details / Development	Progress
Releve	Chasse releve in arabesque		
	Releve 1-1 (gesture leg sur le cou-de-pied)		
	Releve 1-1 (gesture leg arabesque, devant en l'air or a la seconde en l'air)		
Balance	Balance in retire		
	Balance in arabesque or attitude		
	Balance with leg extended devant (straight or attitude) or a la seconde		
Pose	Pose coupe, en arriere		
Pas de bourree couru	Travelling en arriere		
Turns	Assemble soutenu en tournant		
	Petit pas de basque en tournant		
	Chaine		
	Releve passe by half turn		
	Pose turn en dedan		
	Pose turn en dehor (lame duck)		
	Pose turn in arabesque or attitude derriere		
	Pose turn with extension devant or attitude devant		
	Pirouettes en dehor (quarter, half, full)		
	Pirouette en dedan (quarter, half or full)		
Fouette	Pose fouette		
	Releve fouette		