

# Ballet Syllabus – Progress Checklist

## Level 4A (starting the level)

### Class details

|                |  |
|----------------|--|
| Class day/time |  |
| Teacher        |  |
| Date of update |  |

### Basics

| Category                                   | Step/ Movement  | Details / Development | Progress |
|--|---|-----------------------|----------|
| Arm positions                              | Use of epaulment in various position (bras bas, third, fourth, arabesque) |                       |          |
| Positions of the feet                      | 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 – quarter turn with tilt | As per previous level   |                       |          |

### Barre

| Category              | Step/Movement                                     |  | Progress |
|-----------------------|---|--|----------|
| 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  |  |  |
| <b>Adage</b>                       |  |  |  |
| 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  |  |  |
| <b>Demi Pointe</b>                 |  |  |  |
| 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   |  |  |
| <b>Adage</b>                       |   |  |  |
| 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 ¾ turn                                       |  |  |
| Promenade                          | Promenade en dehor, gesture leg derriere<br>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  |  |  |
| <b>Turns</b>                       |   |  |  |
| Pirouette en dehor                 | Double pirouettes en dehor, from 4 <sup>th</sup> or 5 <sup>th</sup> 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  |  |  |
| <b>Allegro</b>                    |  |  |  |
| 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  |  |  |