

Experienced Pointe Progress Checklist

Class details

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

Pointe at the barre

| Category | Step/ Movement | Details / Development | Progress |
|----------|--|-----------------------|----------|
| Releve | Chasse releve into arabesque (towards the barre) | | |
| | Releve on one foot (other help cou-de-pied derriere) | | |
| | Releve on one foot, with petit developpe devant, a la second, and derriere | | |
| | Releve in arabesque | | |
| | Fouette releve | | |
| Pose | Pose fouette | | |
| Turns | Pirouette from 4 th position (quarter, half, full) | | |

Pointe in the centre – weight bearing

| Category | Step/ Movement | Details / Development | Progress |
|----------------------|---|-----------------------|----------|
| Pose | Pose into sous sous, de cote | | |
| | Pose into sous sous, devant | | |
| | Pose into sous sous, derriere | | |
| | Pose coupe, de cote | | |
| | Pose coupe, en avant | | |
| | Pose into arabesque | | |
| Pas de bourree | Pas de bourree pique | | |
| Pas de bourree couru | En tournant | | |
| | Travelling de cote | | |
| | Travelling en avant | | |
| Other | Coupe, retire (start with petit retire, develop to full retire) | | |
| | Coupe fouette racourci | | |
| | Emboite | | |
| Turns | Demi detourne | | |