

# Ballet Syllabus – Progress Checklist

## Level 3C (starting the level)

### Class details

Class day/time	
Teacher	
Date of update	

### Basics

Category	Step/ Movement	Details / Development	Progress
Arm positions	As per previous level		
Positions of the feet	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 tilt	As per previous level		

### Barre

Category	Step/Movement		Progress
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 <sup>th</sup> , 1 <sup>st</sup> , bras bas, 2 <sup>nd</sup> ) for en dedan		
Battement soutenu	As per previous level		
Assemble soutenu	Assemble soutenu combined with chasse passe		

	<ul style="list-style-type: none"> <li>• en dehor followed by chasse passe en avant</li> <li>• en dedan followed by chasse passe en arriere</li> </ul>		
Rotation	<p>With fondu (either start or end en fondu)</p> <ul style="list-style-type: none"> <li>• From devant, through second, to derriere</li> <li>• From derriere, through second, to devant</li> </ul>		
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		
<b>Adage</b>			
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		
<b>Demi pointe</b>			
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 <sup>th</sup> )		
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		
<b>Adage</b>			
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 <sup>th</sup> ), 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 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		
<b>Turns</b>			
Pirouette en dehor	As per previous level		
Pirouette en dedan	Single turn, arms in 1 <sup>st</sup> 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 <ul style="list-style-type: none"> <li>• Begin keeping supporting leg straight</li> <li>• Progress to adding fondu</li> <li>• Progress to adding releve</li> </ul>		
<b>Allegro</b>			
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 5th)		
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		