

Ballet Syllabus – Progress Checklist

Level 4B (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	Details / Development	Progress
Arms	As per previous level		
Cambre/penche	As per previous level		
Plie	As per previous level		
Battement tendu	Battement tendu with petit developpe		
Battement glisse	Battement glisse from 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 to second, triple beats		
Petit battement	Accented devant or derriere on whole foot or demi point or en fondu		

Category	Step/Movement	Details / Development	Progress
Petit retire	Petit retire		
Battement frappe fouette	As per previous level		
Adage			
Rond de jambe en l'air	En l'air, en dehor and de dedan, singles, doubles		
Battement fondu	As per previous level		
Developpe	As per previous level		
Demi grand and grand rond de jambe	Grand rond de jambe en dehor with use of fondu		
Arabesque	As per previous level		
Attitude	As per previous level		
Fouette of adage	As per previous level		
Fouette	Fouette en l'air, en dehor ,from pose, on demi pointe, leg at 45-90 degrees		
Grand battement	Grand battement with fondu on the outwards beat		
	Grand battement closing on demi pointe		
Tombe	As per previous level		
Demi Pointe			
Eleve	As per previous level		
Releve	Releve passe en avant with half turn en dedan, followed by releve pass 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	As per previous level		

Centre

Category	Step/Movement	Details / Development	Progress
Port de bras and cambre/penche	Full circular port de bras in grand fourth (lunge position)		
Plie	As per previous level		
Battement tendu	As per previous level		
Battement glisse	Battement glisse in 2 counts/glisse		
Battement soutenu	As per previous level		
Assemble soutenu	As per previous level		

Category	Step/Movement	Details / Development	Progress
Rond de jambe a terre	With fondu (after passing through first position)		
Battement frappe	As per previous level		
Petit battement	Petit battement sur le cou-de-pied, 1 count, accented devant or derriere, on the whole foot		
Grand battement	Grand battement pique		
Assemble soutenu	As per previous level		
Adage			
Temp lie	As per previous level		
Chasse	As per previous level		
Tombe	As per previous level		
Battement fondu	En croix, en l'air, with rise on close		
Retire	As per previous level		
Developee	As per previous level		
Arabesque	Arabesque a dos (twist from waist to show back to the audience), a terre, en fondu		
Attitude	As per previous level		
Demi grand and grand rond de jambe	Grand rond de jambe en dedan in the centre		
Degage	As per previous level		
Rotation	As per previous level		
Promenade	Promenade en dehor, gesture leg devant		
Fouette	Fouette en lair, en dedan from degage, on flat, leg at 45 degrees		
Walks and runs	As per previous level		
Demi pointe	As per previous level		
Pas de bourree	En tournant derriere		
Turns			
Pirouette en dehor	As per previous level		
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	Assemble soutenus en tournant, en dehor		
Fouette rond de jambe en tournant	Execute four fouette rond de jambe en tournant in the centre, starting from fourth position		
Releve passe by half turn	As per previous level		

Category	Step/Movement	Details / Development	Progress
Allegro			
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 arriere		
Assemble	Assemble en arriere		
Sissone	Sissone doublé under, with front foot		
Ballonne	Ballonné compose de cote		
Pas de chat	As per previous level		
Other allegro	Full contretemp, rond de jambe preparation		
Grand jete	As per previous level		
Gallops and polka	As per previous level		
Pas de basque	Grand pas de basque, en arriere		
Balance / waltz	As per previous level		
Combinations	As per previous level		
Reverence	As per previous level		