

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	Ecarté devant		
	Ecarté derriere		
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		
Cambré/Penché	Half circular (side to devant)		
	Half circular (side to derriere)		
Plié	As per previous level		
Battement tendu	Close with demi plié		
Battement glissé	Battement glisse with alternating leg pattern		
Rond de jamb a terre	With arm coordination: To fifth (bras bas, first, 5 th , 2 nd), for en dehor		
Battement soutenu	As per previous level		
Assemble soutenu	As per previous level		

Battement frappé	Battement frappe on demi pointe en croix, 2 counts/frappe		
Rond de jambe en l'air	En dehor, 4 or 2 counts, leg 45 degrees		
Battement fondu	En croix en l'air, with rise to demi pointe on close		
Developpé	As per previous level		
Demi grand rond de jambe	Demi grand rond de jamb en dehor with use of fondu		
Grand rond de jambe	As per previous level		
Arabesque en l'air	Arabesque allongé en fondu		
Attitude	As per previous level		
Fouette of adage	As per previous level		
Rotation	As per previous level		
Fouette	Fouette a terre en dedan from degage (degage derriere, fouette to rotate leg into degage devant)		
Grand battement	En cloche (straight gesture leg) – devant and derriere		
Tombé	As per previous level		
Elevé	As per previous level		
Relevé	Releve from fifth (barre)		
	Releve from fifth (barre)		
Demi detourné	As per previous level		
Posé coupé on demi pointe	Pose into arabesque on demi pointe		
Pas de bourree	As per previous level		
Coupe fouetté raccourci	Coupe fouette raccourci in 2 counts, sideways to the barre		
Fouette rond de jambe en tournant	Preparation for fouette rond de jambe en tournant Add a single turn on the last fouette rond de jambe in the set Progress to add a turn to each fouette rond de jambe		
Balance on demi pointe	Balance on demi pointe in arabesque or attitude derriere		

Centre

Category	Step/Movement		Progress
As per previous level	As per previous level	As per previous level	As per previous level
Plié	As per previous level		
Battement tendu	Battement tendu derriere in the centre, in 4 or 2 counts/tendu		
	Battement tendu en croix in the centre		
Battement soutenu	Battement soutenu en fondu in the centre, en croix, in 2 counts		
Assemble soutenu	As per previous level		
Rond de jambe a terre	Centre in 2 counts		
Battement frappe	Battement frappe in the centre to second		
Grand battement	Grand battement with alternating legs		
Degagé	As per previous level		
Rotation	As per previous level		
Adage			
Temp lie	En arriere, gesture leg straight or attitude, and combine en arriere and de cote (sequence, timing, arms, and direction as per previous level)		
Chasse	Chasse passe en arriere, with change of direction in 4 counts		
Tombe	From demi pointe (to degage a terre or en l'air) en arriere		
Battement fondu	As per previous level		
Retire	As per previous level		
Develope	As per previous level		
Arabesque	As per previous level		
Attitude	Attitude opposition devant and derriere en l'air (high arm is opposite to gesture leg)		
Demi grand and grand rond de jambe	Demi grand rond de jambe en dehor in the centre (devant to second, and second to derriere)		
Change of direction			

Degage	Degage devant with quarter turn en dehor – start croise, turn towards front foot, full rotation (ie 4 degage), 2 counts/degage		
Rotation	As per previous level		
Fouette	Foutte a terre en dehor from degage (degage devant, then quickly change body (whipping around) direction to the opposite side, and rotating the leg into degage derriere a terre – finish en fondu or on straight leg		
Walks and runs	As per previous level		
Demi pointe	As per previous level		
Pas de bourree	Pas de bourree couru de cote		
Turns			
Pirouette en dehor	Pirouette en dehor (as per previous level)		
Pirouette en dedan	Preparation for pirouette en dedan (1/4 turn from one front corner to the other)		
Chaine	Chaine (as per previous level)		
Petit pas de basque en tournant	Petit pas de basque en tournant (as per previous level)		
Pose turn en dedan	Pose turns en dedan (as per previous level)		
Pose turn en dehor	Pose turns en dehor (lame duck)		
Assemble soutenu en tournant	Assemble soutenu en tournant en dedan, from a small lunge (as per previous level)		
Allegro			
Echappe saute	As per previous level		
Changement	As per previous level		
Soubresaut	As per previous level		
Petit jete	Petit jete passe en avant		
Jete ordinaire	As per previous level		
Glissade	Glissade (as per previous level)		
Assemble	Petit assemble, devant and derriere		
Sissone	Sissone ordinaire (as per previous level)		
	Sissone ouverte, en arriere (as per previous level)		
	Sissone ferme, en arriere		
Ballonne	Ballonné simple, en arriere		
Pas de chat	Pas de chat, derriere (as per previous level)		
Other allegro	Chasse, temp leve in arabesque		

	Demi contretemp, assemble over		
Grand jete	Grand jete en avant, preceded by three runs or gallop		
Gallops and polka	As per previous level		
Pas de basque	Pas de basque glisse en arriere, with change of direction (quarter turn)		
Balance / waltz	Pas de valse en tournant (waltz turn)		
Combinations	Coupe, chasse en avant (arms first), pas de bourre over to finish in fourth (arms second), glissade de cote (arms third), assemble over (arms open fourth)		
	Preparation for coupe, chasse, pas de bourree preparation for en dehor pirouette from fourth - Coupe chasse pas de bourree, arms demi bras, place in fourth, releve, lower fourth lunge derriere		
Reverence	As per previous level		