

## Creative Dance 2-3, Creative Dance 4-5, Intro B/T/J, Ballet 1

### Feet Positions:

- 1<sup>st</sup> position of the feet - heels together, toes turned out, making a pie shape
- 2<sup>nd</sup> position of the feet - feet apart, let the choo choo train go thru.
- 3<sup>rd</sup> position of the feet - one foot in front of the other, foot in front heel is touching middle of back foot.
- 4<sup>th</sup> position of feet - one foot in front of other, Space in between heel and toe - Line the heel of the front foot up with the big toe of the back foot.
- 5<sup>th</sup> position of the feet - one foot in front of the other. Front foot heel is "kissing" the back foot big toe.

### Arm Positions (French):

- Arms en bas - arms down low, finger tips almost touching
- 1<sup>st</sup> Position of the arms - arms out in front at belly button - holding a beach ball
  - 2<sup>nd</sup> position of the arms - arms open
  - 3<sup>rd</sup> position of the arms - please look at diagrams - opposite arm as foot in front
  - 4<sup>th</sup> position of the arms - please look at diagrams - opposite arm as foot in front
  - 5<sup>th</sup> position en haut (on "O") - make a big "o" above your head, fingertips almost touching.



Arabesques:

1<sup>st</sup> Arabesque –



Standing on one leg, other leg straight behind the dancer. Same arm as leg is out in front and other arm is out to the side.

2<sup>nd</sup> Arabesque -



Standing on one leg, other leg straight behind the dance. Opposite arm as standing leg is front and other arm is out to the side.

3<sup>rd</sup> Arabesque -



Standing on one leg, other leg straight behind the dancer. Same arm as leg is up to the front, other arm is also the front lower than the other arm.

## MOVEMENTS:

Pointe – say “Go to sleep toes” – toes are pointed

Flex - say “Wake up Toes” – toes straight up to the ceiling

## Barre Exercises:

- Demi Plié (plee-ay) - ½ Bending of the knees – heels stay glued to the floor. “Diamond”
- Grand Plié – Full Bending of the knees – demi plie, lift heels continue to bend knees, back to a demi plie, straighten knees. \*\* Heels stay on ground in 2<sup>nd</sup> position\*\*



- Tendu (tahn-doo) - to stretch – slide toe on the ground to a point – knees stay straight
- Dégagé (day-gha-jay) – to disengage – slide foot on the ground and lift foot off the floor an inch. Knees stay straight.
- Rond de Jambe – Round of the leg. Start in 1<sup>st</sup> position, tendu front, round to the side, round to the back, close 1<sup>st</sup>. Toes stay on the ground.
- Développé (dee-vel-oo-pay)– Working leg goes to coupe and slides up the leg to passé and then “develops” or straightens to the front, side or back.
- Coupé (ku-pay)– Toe points to the front of the standing ankle. Knee out to the side
- Piqué (pee-kay)- Tap toes lightly on the ground to the front and side - knees are straight
- Passé (pah-say)- toe to the standing knee – knee out to the side.
- Elevé (ella-vay)– to rise to the ball of the foot without a plié.
- Relevé (rella-vay) - to rise to the ball of the foot with a plié.

## Center Floor:

Adagio - Slow sustained movement – Move like a cloud.

Examples: Port de bras – Movement of the arms. Moving through all 5 arm positions.

Developpe, Arabesque (see examples)

Allegro – Quick Movement

Jumps:

- Sauté (So-tay) - feet in 1<sup>st</sup> position – plie, jump straight into the air knees straight, land in plie with heels kissed in 1<sup>st</sup> position. Feet in 2<sup>nd</sup> position – same movements as in 1<sup>st</sup> position just beginning and ending in the 2<sup>nd</sup> position.
- Echappé (a-shop-pay) - stand in 1<sup>st</sup> position, plie, jump out to 2<sup>nd</sup> position, and jump back to 1<sup>st</sup> position.
- Pas de Bourrée (paw- day- boray) – Step Back, Step Side, Step Front.
- Changement (shawnj-ma) – Standing in 3<sup>rd</sup> position right foot in front, demi plié, jump straight up into the air and switch feet when land. Left foot should now be in front
- Glissade (glee-side) – To Glide. Stand in 3<sup>rd</sup> position Left foot front. Right leg (Back leg) degage to the side, small jump up and over onto right leg, close left leg in front. Repeat. Can go to left starting Left leg in back.
- Pas de Chat (pah –day-shaw) – Step of the Cat. Stand in 3<sup>rd</sup> position left foot in front. Pick up right leg (back leg) into Passe, small jump onto right leg and pick up left leg into passé, close Left leg 3<sup>rd</sup> position in front. Can be done to the left with left leg in back.
- Pas de Bourrée (paw- day- boray) – Step Back, Step Side, Step Front.

### Across the Floor:

- Jump (2 feet) – feet glued together
- Hop (1 foot)
- Walking on tip toes - knees are straight
- Ballerina Walks – toe, heel - arms held out in 2<sup>nd</sup> position
- Skip - Step Hop – toe pointed all the way up to the knee
- Chassé (cha-say)– to chase – one foot in front of the other. Back leg chases the front.
- Chainé (sha-nay) Turns – Creative Dance Classes – start in 1<sup>st</sup> position. Step out with straight leg to second position, and close other foot in to 1<sup>st</sup> position. Arms Follow feet. Dancer should move across the floor.
- Intro B/T/J and Ballet – ½ turns. Step out facing front, step in to first ½ turn to face the back, step out to 2<sup>nd</sup> ½ turn to face the front. Make sure the dancer turns in a complete circle.
- Piqué Passé – Step side onto a straight leg, other leg picks up into passé. Passe leg slides down the back of standing leg and replaces the standing leg. Repeat movement all the way across the floor.
- Sauté (So-tay) Arabesque – In the 1<sup>st</sup> arabesque position, hop on standing leg. Make sure leg in back stays nice and straight.
- Jeté (jet-tay) – Big Leap. Can leap over something. Both legs are straight and toes pointed.
- Battement (Baht- mah)– Kick - Brush foot on the floor, Knees stay straight – toes pointed

### **TAP – All Creative Dance and Intro Ballet, Tap, Jazz**

- Toe Taps – tap just the toes on the ground.
- Heel Digs – Heels dig into floor, toes up to the sky
- Knock Toes – Knock tip of toes behind.
- Toe, Heels – tap toes on the ground, then dig heel into ground
- Shuffles – brush just the toe front and back
- Flap (fl-lap) – brush the toe forward and step forward on the toe.
- Kick, Ball change – Kick foot out in front, same foots steps back on the ball of the foot, change weight to other foot forward.
- Paradiddles – heel (toes up to the sky), brush toe to back, stomp toe down, heel down (foot flat)
- Shuffle Step
- Single Time Step (Stomp, Hop, Change, Flap, Step
- Buffalo – Step to the side, other foot shuffle, hop onto other foot (the one that just did shuffle), other foot comes to ankle with foot flexed
- Maxi Ford – Step to the side, other foot Shuffle side, Hop to other foot (one just did shuffle), Toe Back (knock toe on the ground)

\*\*\*\* If you do not understand these descriptions and need a visual you can always go online and type in the name of the movement into a search engine. For Example, “Saute Arabesque Ballet Video.” You Tube has many videos of dance moves. \*\*\*\*