

Beginning Ballet

Think of one ballet term a day and see if you use it even when you aren't in ballet class.

Vocabulary

demi plie – half bend SPARKLE!!
tendu – to stretch heels come in to kiss
degage – to disengage splash water on someone's feet
cambre – to arch look up and over a little fence
releve – to rise head reaches to the ceiling
saute – to jump bend and stretch jump, land in plie
chasse – to chase chase one foot and push it away

(extras that you know:

rond de jambe - circle of the leg remember icing our donuts
port de bras – carriage (movement) of the arms beautiful arms in circles)

make sure you:

sitting with legs straight out in front of you

point and flex your toes beautiful and naughty toes

flex your feet and open like a rainbow to 1st and close

legs as straight as pencils lift right leg then left leg make sure your back is tall and your crown is not falling off

curl into a ball and explode out

demi plie in 6th position, 1st, and 2nd

tendu to the side, no broken pencils!

Tendu, degage, tendu, close

6th position point front and lift toe to knee, tendu back to the front and close

tendu side, plie in 2nd, tendu other side, and close what is that? temps lie (tahn lee a)

6th position releve

6th position saute

cardio:

5 minutes making your heart beat strong skip, chasse, galop, ballet runs, flamingo marches, regular marches, jumping jacks