

Level 1

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

rond de jambe - circle of the leg remember icing our donuts

port de bras – carriage (movement) of the arms beautiful arms in circles)

(extras that you know:

sur le cou de pied – on the neck of the foot (wrapped)

en face – facing (when the dancer faces the audience or mirror)

echappe – to escape)

Ballet class at least once a week

Always stretching: splits, straddle, back, and hamstrings

Strength: with rolling up and rolling down trying not to touch the floor
sitting with legs straight out in front of you lift R and L leg up and hold
them try to lift both watch your back are the straight and neck is long?
Point and flex using your demi pointe
Arm circles and work your port de bras

Barre (or Chair):

warmup feet: demi point, full point, demi point, flat
walkups with high relevé
roll ups and roll downs

deep beautiful straight demi plié in 6th, 1st, and 2nd

6th position tendu front, flex, tendu strong, and close

broken tendus side and front

degage to the side tendu, degage, tendu, close

rond de jambe side, front, side temps lié (tahn lee a)

sur le cou de pied slowly from the side

relevés in 6th, 1st, and 2nd with plie and without

sauté plié saute plié stretch up

15 minutes of cardio every day! Skips, jumping jacks, PE class, chassé, ballet runs, galops
anything to get you moving and get your heart pumping.