

Level 2

Zoom ballet class (45 minutes) once a week

Strength and streaming video (20 minutes) twice a week (I am making it later today)

cardio! (Skips, jumping jacks, running, chassé, ballet runs, gallops

anything to get you moving and get your heart pumping) (10 minutes) Every day

2.25 hours total

Steps we have learned this year and what to think about!

Plie (to bend)

-Pilates spine

-Smooth movement (not a choppy robot pile)

-Pinky toes on the floor

-Knees go over your toes

tendu (to stretch)

-Pilates spine

-What part of the foot leads?

-Front: the inside or medial part of the heel leads out

-Side: straight side with the heel rotating forward

-No back

-Smiley face knee caps!

degage (to disengage)

-work on broken dégagés

-tendu, lift, tendu, close

-smily face knee caps

-pilates spine

rond de jambe (circle of the leg)

-from fifth position

-front, side, first, cross fifth

-what part of the foot leads?

-Front: the inside or medial part of the heel leads out

-Side: straight side with the heel rotating forward

-No back

Sur le cou de pied from first (around the neck of the foot)

-heel slides up the side of the foot to Demi point

-pinky toe fans around the foot

sur le cou de pied from fifth (around the neck of the foot)

-from fifth

-pinky toe wraps around the foot

-the heel does not come off the floor until the little toe has moved

Cou de pied Derriere

-Toes fan out away from you and wrap around the foot

-when you close fifth do not sick the foot

releve (to rise)

-deep plie

- Rise up with smiley face knees (knees totally straight!)
- Engage pilates spine more at the top of the releve

saute (to jump)

- deep plie
- engage pilates spine more as you jump
- finish in a nice deep plie
- straighten and press legs together

Temps Lie

- from first position
- tendu, plie, tendu close first
- pilates spine!
- turned out tendu to the side

chasse (to chase)

- from first position
- tendu, plie, little jump (heels touch!), tendu, close first

Extras!

- port de bras (carriage of the arms)
- croise (crossed)
- En face (facing front)
- Efface (shaded)

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