

Grade 1-

Barre-

Demi and grand plie in 1st, 2nd and 5th

Balance in 5th, arms 5th

Degage quickly in 1st position sideways finishing in plie

Port de bras forward and back

Relevés

Fondus en croix to tendus à terre

Lift arab going into plie of supporting leg

Wrapped foot petite battement

Echappe 2nd

Frappe 2nd position

Demi grand rond de jambe front to side and side to back

A flat pose to 2nd arab

Grand Battement- All positions

Closh front to back

Passe releve

Center practice

Chasse en avant with transfer back to tendus devant

Toe chasse pas de bourre to close 5th (arms 4th, 2nd, bras bas)

Pirouettes en dehore- from tendus derrière

Grand battement devant

Prep for grand battement with tendus lift 2nd

Tendus lung into pirouette en dedan

Soutenu turn

Developpe front and side

*Chasse to 2nd, fouette to arabesque à terre, plie pas de bourre
changement (turning)*

Glissades derrière into Jete ordinaire

Assemble over

Échappe saute battu

Sissonne de cote

Temp leve retire derriere back pas de bourree repeat other side

Temps du fleche straight leg

Precipitate

Temps leve 2nd arabesque switching

Hops with attitude devant

Grand jete (straight leg)

Pose to 4th, 1st arabesque, Pose retire derriere, Pose to 5th side to side

Pose passe retire decote to finish in 4th lung

Pas de valse en tournée