

Grade 5

Barre

Plie lift heels then rise- Maintain heel height
Port de bras (full extension) - forward, back, circular, reverse circular
Rond de jambe jete-120 degree or higher
Fondus with rise - maintain single leg on full Demi pointe and above 90 extension
Double frappe (fully pointed foot) on rise to finish tendus en fondus
Serre on rise (fully pointed foot/ high demi pointe)
Penchee -120 degree
Grand rond de jambe from plie devant- above 90 degree
Closch rise devant (90+)
Rotation from inside leg 90+ to face barre, other side front 90+
All Grand battements over 90 degrees
 with developpe (hold briefly out) Grand battement
 Grand battements pique
 From grand battement in air -front, passe through retire to arabesque
 Grand battement closch

Center

Pose 5th balance
Chasse en arriere with reverse port de bras (side, back, side)
Lift arab from 5th rise
rise attitude derriere
Double Pirouette en dedan from ouverte
Double Pirouette en dehors from 4th close 5th
Pirouettes from 5th
Double pirouette from 5th close 5th
Pirouette into attitude derriere
Double pirouette w/ fouette en dedan, Double lame ducks
Double Pirouette en dehors to finish 4th position
Chaine on a diagonal
Penchee
Promenade/pivot en dedan arabesque
Grand ronde de jambe en l'air from tendus en fondus
Promenade/pivot attitude
Develop devant and rise at end
Jete battement
Faille into Brise
Coupe assemble battus
Sissone changee
Tour jete hold landing
Pas de chat
Coupe fouette raccourci (practice for learning batus)
Ballote saute
Fouette saute
Double or single pirouette into 4 fouettes turns
Grands Jete w/straight leg close to 180 degree
Bournonville

