

<i>CD</i>	BASIC COMBO	THINGS TO ADD	TESTING COMBO
1	<u>WARM UP</u>		
	4 counts each-6 "cross-press-plie" alternating feet; jog 8 counts; 6 count calf stretch, 2 count switch; left leg; 6 count Achilles stretch, 2 count switch; left leg; flat back, reach to toes, roll up		
2	<u>PLIÉ</u>		
	Facing barre in parallel, 1st, 2nd, both 3rd=4 counts demi x 2(1-8); demi (1-2); releve (3-4), tendu change position (5-8); balance 1st	Grand plie-2 hands on barre; 2nd position first, only grands, add other positions;add one hand at barre	Left side at barre, 1st, 2nd, 3rd-2 demi (1-4), 1 grand (5-8), 2 demi (1-4), releve (5-6), change positions (7-8)
3	<u>SLOW TENDU</u>		
	Parallel and 1st-(start learning side, then add front, back)=1 in 8 count, 2 in 4 counts	Front, back; Change speed; add 3rd; Flex; en croix arms; upper levels add sous-sus, double time, and en croix arms throughout	In 1st=3 tendu F 2 counts each (1-6), demi plie (7-8); repeat S; repeat B; tendu S, flex, point close 1 st X 2 (1-8); (can reverse); en croix X 2 (can do arms); releve and balance in 1st or sous-sus
4	<u>FAST TENDU-May be</u>		
		pas de cheval; temps lie; soutenu	In 3rd or 5th=to front 2 tendu 2 counts each (1-4), pas de cheval close in plie (5-8); repeat S, repeat B, repeat S; tendu en croix in plie* (2 sets of 8); temps lie away from the barre 4 cts, temps lie back to the barre 4 cts; soutenu 8 counts; repeat otherside; *=can be 1 set slow with plie or 2 sets fast no plie
5	<u>DÉGAGÉ</u>		
	Facing barre in parallel, 1st-Tendu, lift, back to tendu, close (1-4); slow degage on (5-8), 4 degage 2 counts each (1-8); alternating legs; in 1st to the side	Change to 1 hand on barre; add front and back; chance speed; add 3rd; passe/retire	In 1st or 3rd=Tendu, lift, touch down close (1-4); 2 degage 2 counts each (5-8); 4 degage on 1 count (1-4); passe (5-8); repeat en croix; balance in passe (flat or releve)
		Add to upper levels: en cloche, pique, passe releve	
6	<u>ROND DE JAMBE</u>		
	in 1st=demi plie, rond de jambe SLOW 2 counts front, 4 counts to S, 4 counts to B, 2 counts to close, demi plie 2 cts; 2 counts to F, 2 to S, 2 to B, 2 to close; 2 rond de jambe in 4 counts; reverse; cambre forward; passe; arabesque	1 hand on barre; change speed; change to 3rd	In 1st=RDJ 2 counts F, 2 S, 2 B, 2 close (1-8); 1 in 4 counts (1-4); 2 in 2 count (5-8); cambre forward (1-4), return to stand (5-6), releve (7-8); passe (1-2), arabesque (3-6), close on 8; reverse; 2 passe balances 8 counts each; arabesque balance
		Add to upper levels: grand rond de jambe en l'air, passe de jambe, developpe, enveloppe,	

7	<u>FRAPPÉ-Dance 2 or up</u>		
	Preparation tendu side counts 5-6, flex in 7-8; 2 sets en croix with 4 counts each	Change speed; one hand on barre	Same prep; 2 F 2 counts each; same S; same B; 4 side 1 count each; repeat to back
		Add to upper levels: petit battement, doubles	
8	<u>FONDU-Dance 2 or up</u>		
	Can practice fondu to passe, fondu F/S/B, and developpe separately	Combine steps	In 5th=Fondu to passe in 2 counts, fondu extend F in 2 counts, developpe in 4 counts; repeat S; repeat B; repeat B; repeat S; cambre F 4 counts, S 4 counts, S 4 counts, releve passe, turn in to barre, extend to arabesque, balance
		Add to upper levels: grand rond de jambe en l'air, passe de jambe, developpe, enveloppe, releve	
9	<u>STRETCH</u>		
	At barre or center; teacher or student lead		
10	<u>GRAND BATTEMENT</u>		
	Tendu, lift, touch to tendu, close en croix	Change speed; change to 1 hand at barre; change to 3rd; en croix arms	In 3rd/5th=Tendu, lift, touch tendu, close (1-4); 2 grand battements (5-8); repeat S; repeat B; repeat S; 2 sets en croix
	ALSO AT BARRE- jumps, turns, footwork		
11	<u>PORT DE BRAS</u>		
	Teach all port de bras-1st, 2nd, low 3rd both arms, high 3rd both arms, 4th; work on finger, wrist, elbow, shoulder placement; teach pattern: all start en bas and go to 1st and all end 2nd then end en bas		Perform with eyes closed-1st, 2nd, low 3rd, low 3rd, high 3rd, high 3rd, 4th, 4th, all 4 counts each (*can do each one once or twice)
		FOR DANCE 2-In 2nd position, port de bras then grand plie; FOR DANCE 3 AND UP-Port de bras and grand plies in different positions	
12	<u>CENTER WORK</u>		
	In 5th-4 slow tendu 5th to 5th traveling forward, then backward (tendu marche), 4 counts each	Teach heads (towards foot traveling forward, away from leg traveling back); add arms to 2nd; change speed	4 slow forward/back (2 sets of 8), 8 fast forward/back (2 sets of 8)
		FOR DANCE 2-In 5th, 3 tendu F, plie, 3 S, plie, 3 B, plie, 2 tendu side, temps lie, other foot; 3 tendu S, coupe back, pas de bourre x 2, other foot	FOR DANCE 3 AND UP-Same sequence as Dance 2 but in croise, change pas de bourre to en tournant, change temps lie to glissade

13	<u>ADAGIO</u>		
	Teach ballet walks (toe, heel), port de bras, ballet runs, bourre, passe, arabesque		4 ballet walks (1-4), 2nd port de bras (5-8), 4 walks (1-4), high 3rd port de bras (5-8), coupe, bourre upstage (1-4), coupe bourre downstage (5-8), passe to arabesque (1-4), ballet run off (5-8)
		FOR DANCE 2-Walks the same, can be different port de bras, replace bourres with chaine balancé upstage, then downstage, 2 chaines, bourre turn, run off	FOR DANCE 3 AND UP-4 walks, promenade in passe, repeat, 3 chaines, balancé upstage, then downstage, pas de bourre en tournant, pique arabesque, run off
14, 15	<u>PIROUETTE</u>		
	May or may not teach pirouette or prep or may already know from jazz... From 3rd-3 tendu S, land back in 4 on last, passe 5, back to 4th 6, tendu 7, close B 8, repeat other side	Pirouettes with quarter turns, then half, turns, then full turns; teach balance in parallel-big, little, little, marches, then add the rock back	Balancé R, L, step to S, close 5th back (1-4), tendu front foot S (5), prep 4th (&), pirouette (6), land (7), tendu close (& 8)
		DANCE 2-Tombe pas de bourre, pirouette, repeat, balancé x 2, soutenu, tombe pas de bourre, slide to arabesque, step through to B+	DANCE 3 AND UP-Waltz turn, tombe pas de bourre, pirouette, pirouette, balancé, balancé, soutenu, tendu, prep lunge, en dedans pirouette
16-19	<u>PETIT ALLEGRO 1</u>		
	(Can start jumps at barre too) In 1st-Plie 1, saute(or releve) 2, land plie 3, stand up 4, repeat 5-8, plie 1, saute 2-6, stand up 7-8	Add saute in 2nd, 3rd, echappe, changement	In 1st-4 sautes, in 1st, 4 sautes in 2nd, 4 sautes 3rd, 4 sautes 3rd other foot, 4 sautes 1st, 4 sautes in 2nd, 8 changement
		FOR DANCE 2- 4 sautes in 3rd, 4 changement, 4 sautes in 3rd, echappe, stand up, repeat other side	FOR DANCE 3 and up-4 sautes in 5th, 4 changement, echappe to 4th, echappe to 2nd, echappe to 4th, 2 changement
16-19	<u>PETIT ALLEGRO 2</u>		
	Glissade at barre, across floor--use Track 18, 8 counts each	Teach echappe, glissade, other jumps as desired; teach pas de bourre, coupe	Across the floor (leading foot behind)- 4 changment, 2 echappe, 2 glissade (1-4), coupe, pas de bourree
		FOR DANCE 2-Teach jete, glissade, pas de chat; glissade jete x 2, pas de bourre x 2, 2 echappe, 2 pas de chat	FOR DANCE 3 AND UP-Teach assemble, sissonne, temps leve; SLOW version-glissade assemble x 2(1-4, 5-8), sissonne F, S, B, 2 changement; FAST/HARD-glissade assemble x 2 (1-4), jete temps leve(5-6), pas de bourre (7-8), sissonne F, S, B, 2 changement-Track 19
20, 21	<u>TURNS</u>		

	In 1st-releve on 8, "duck" walk in place x 4, 2 chaine	Add arms, spotting, speed	4 duck walks (1-4), 2 chaines (5-8), 4 duck walks, 2 chaine closing in 1st, pique passe on flat x 2 (1-4), chaine off (could test with only the chaines)
		FOR DANCE 2-Teach piques, soutenu; 2 slow pique passes, 1 slow pique turn, 1 soutenu (2 8's), 4 chaines, 2 pique turns (track 21)	FOR DANCE 3 AND UP-Teach lame duck; 3 piques, soutenu, 1 chaine, chasse, lame duck, land lunge (track 21)
22,2 3	<u>GRAND ALLEGRO</u>		
	Chasses-same foot all the way, then 3 and switch feet, then 2 and switch, then 1 and switch; Tombe pas de bourre across; step leap across; try all these exercises separately; work on chasse arabesque saute alternating	Work on speed; chasse step leap/grand jete; work on both halves of the combo	Glissade R, glissade L, chasse to arabesque, step to B+ (1-8), tombe pas de bourree, chasse, step , grand jete/leap (1-8)
		DANCE 2-Chasse, temps leve arabesque R, then L, pique turn, soutenu, chaine glissade (1-2) R, chaine glissade (3-4) L, tombe pas de bourre,chasse, step, grand jete	FOR DANCE 3 AND UP-chasse, temps leve arabesque, chasse back, temps leve passe, chasse, temps leve arabesque, pas de bourre en tournant (1-8), glissade assemble, step across (toward where coming from) fouette saute (1-4), tombe pas de bourre, chasse, step, saut de chat (5-8)
24	<u>REVERENCE</u>		
25	Court Dance	http://www.youtube.com/watch?v=doJ9bphxxKU	Search: Minuet dance
29	Swan Lake-Little Swans		
27	Nutcracker-Spanish		
28	Nutcracker-Arabian		
29	Nutcracker-Chinese		
30	Nutcracker-Russian		
	Developed by Karen Searles, Round Rock ISD		