

BALLET

Teaching Notation



Creative Movement

Temps Lié

(Center)

Music: *Classic for Kids: Introduction Ballet Classic, Rond de Jambe a Terre 2* by Nan Keating and Steven Mitchell

Time Signature: 3/4

Learning Objective: Transfer of weight

Creative explanation: Sways with arms- *throwing out food to the fish*, Transition- *looking to see the fish eating the food*

Cautionary Reminder: Third arabesque arms shouldn't be too high

Starting position: Parallel feet, arms 5th en bas

Preparation: 1-6: Growing taller, 1-3: Breathe the arms, 5-6: Pointe R arms 5th en bas

Measure s	Counts	Steps with arms
1	1-3	Parallel temps lié devant L to R with arms reaching into third arabesque
2	4-6	Parallel temps lié derrière R to L with arms into 5th en bas
3-4	1-6	Repeat mesures 1 and 2
5-6	1-6	Repeat mesures 1 and 2
7	1, 2-3	Close into parallel searching (flat hand over eyes), continue to search
8	4-6	Pointe L foot with arms 5th en bas
8-16	1-6, 1-6, 1-6, 1-6	Repeat mesures 1 through 8 on the L
17-24	1-6, 1-6, 1-6, 1-6	Repeat mesures 1 through 8 on the R with the temps lié a la seconde
25-31	1-6, 1-6, 1-6, 1-3	Repeat mesures 1 through 7 on the L with the temps lié a la seconde
32	5-6	Arms lower 5th en bas

Pre- Ballet

Grand Battement/Arms

(Center)

Music: *Music for Ballet Class, Vol.4, Grand Battement*, by Søren Bebe

Time Signature: 6/8

Learning Objective: Arm strength and leg control

Creative explanation: Tendu- Point to the butterfly, Battement- The butterfly is flying away, Step- come closer to the butterfly, Arms- butterfly wings

Cautionary Reminder: Don't allow your weight to go back

Starting position: First position, arms en bas

Preparation: Standing in first position, carry arms to fifth en avant, open to seconde, and place fingertips on the shoulders

Measures	Counts	Steps with arms
1	1-3, 4-6	Tendu devant R, Grand battement
2	1-3, 4-6	Step en avant, close: step L together
3-4, 5-6, 7-8	1-6, 1-6, 1-6, 1-6, 1-6, 1-6,	Repeat measures 1 and 2 (x3)
9	1-3, 4-6	Starting near the shoulder push the palms outward x2
10, 11, 12	1-6, 1-6, 1-6	Repeat measure 9 (x3)
13	1-6	Port de bras: raising the arms like a butterfly
14	1-6	Port de bras: lowering the arms like a butterfly
15	1-3, 4-6	5th en bas carrying arm to 5th en avant, opening arms to seconde
16	1-3, 4-6	Place fingertips on the shoulder, hold
17-31	1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6, 1-6	Repeat measures 1 through 15
31	1-6	Repeat measure 13
32	1-6	Port de bras: lowering the arms and finishing in 5th en bas

Level 1

Tendu

(Barre)

Music: *Tendu d M. Spaccarotella - Amaranto (from the Ballet Class app)*

Time Signature: 4/4

Learning Objective: Actively lengthening and gaining familiarization with tendu from 5th

Creative explanation: Tendu/Relevé: paintbrush drawing up your back, Plie- Dipping paintbrush into the water and it dispersing

Cautionary Reminder: Not to sit into the movement when closing from tendu

Starting position: Facing the barre- first position arms en bas

Preparation: Raising the arms to 5th en avant and then resting both hands on the barre

Measure s	Counts	Steps with arms
1	1, 2, 3, 4	Tendu devant R, flex the foot R, pointe R, close first R
2	5, 6, 7, 8	Tendu devant R, close first R, tendu devant R, close first
3-4	1-4, 5-8	Repeat measures 1 and 2 a la seconde R
5-8	1-8, 1-8	Repeat measures 1 through 4 to the L
9	1, 2, 3, 4	Plie, stretch, relevé, lower
10	5-8	Repeat measure 9
11	1, 2, 3, 4	Plie, stretch, relevé, hold
12	5, 6, 7, 8	Cross into 5th by releasing the R foot (still in relevé), hold, plie, stretch
13	1, 2, 3, 4	Tendu devant R, close into 5th R, tendu devant R, close into 5th R,
14	5-8	Repeat measure 13
15	1, 2, 3, 4	Tendu al la seconde R, close into 5th (R foot behind), tendu al la seconde R, close into 5th (R foot infront)
16	5, 6, 7, 8	Tendu al la seconde R, close into 5th (R foot behind), plie, stretch
17-20	1-8, 1-8	Repeat measures 13-16 on the L

Level 2

Dégagé

(Barre)

Music: *Arabesque, Dégagé/One(Chorus Line)* by Marvin Halisch and Lisa Harris

Time Signature: 4/4

Learning Objective: Preparation for demi-soutenu at center by coordinating fondu with the brush

Creative explanation: Out- Kicking a Soccer Ball, In- Straw

Cautionary Reminder: Both legs need to work actively together

Starting position: Fifth position

Preparation: 8 ct. Prep

Hold (ct. 1-4)

Carry the arms to 5th en avant then open to seconde then finger tops on shoulder (ct. 5-7)

Hold (ct.8)

Arms remain on fingertips during the entire exercise

Measure s	Counts	Steps with arms
1	1, 2, 3, 4	Plie, Fondu dégagé devant R, Assemblé R, Hold
2	5, 6, 7, 8	Repeat Measure 1
3	1, 2, 3, 4	Dégagé devant R, close, Dégagé devant R, close
4	5, 6, 7, 8	Fondu dégagé R, assemblé relevé devant R, Lower straight legs, Hold
5-8	1-8, 1-8	Repeat measures 1-4 a la sencondé (Switching every time closing back/front)
9-12	1-8, 1-8	Repeat measures 1-4 derrière
13-15	1-8, 1-4	Repeat measures 5-7
16	5, 6, 7, 8	Fondu dégagé a la sencondé R, assemblé relevé dessus R, Demi-detourne, Lower straight legs

Music will end. Replay the music to repeat on the L

Level 3

Pas de Basque

(En Diagonale)

Music: *Pirouette 2 - Coppelia - Waltz, Music for Ballet Class - Repertoire* by Rob Thaller

Time Signature: 3/4

Learning Objective: Applying directions of the body when moving through space and connecting movements

Creative explanation: Connecting movements - color changing yarn

Cautionary Reminder: Pass through first don't skip it (that is where turnout will be found)

Starting position: B+ arms 5th en bas

Preparation: Arms breath

Measure s	Counts	Feet with Arms
1	1, +, a	Arms: demi-seconde de adage - Step fondu devant R brush L, Piqué L, Sous-sus R
2	2, +, a	Repeat measure 1 on L
3-4	3+a, 4+a	Balancé R arms: fourth position en avant L, Balance L arms: fourth position en avant R
5-6	5+a, 6+a	Repeat measures 3-4 with arms going to fourth position en haut
7-8	7, 8	Step R into écarté devant L arms: 5th en avant to seconde, Close L to 5th arms: 5th en bas
9	1	Tendu en fondu croisé devant L arms: 5th en avant
10	2	Rond de jambe á terre L maintaining fondu to écarté derrière arm: seconde
11	+3	Glissade dessous arms: 5th en bas
12	4, +	Chassé en avant R to tendu derrière L en croise arms: 5th en avant to 3rd arabesque (Russian), Close L arms: 5th en bas
13-15	1, 2, +3	Repeat measures 9-11 on the other side
16	4	Chassé en avant L to tendu derrière R en croise arms: 5th en avant to 3rd arabesque (Russian)

Repeat 2 or 3 times across the floor on R and then L

Advanced Dancers

Adage

(Barre)

Music: *Ballet Class with Taylor, Stretch: Exile* by Trisha Wolf

Time Signature: 4/4

Learning Objective: To find écarté derrière

Creative explanation: Create space in the socket and shoot energy outward through the toes

Cautionary Reminder: Don't let the hip drop, keep lifting

Starting position: 5th position, A:L on the barre, A:R en bas

Preparation: 5-6 Breath, 7 First position, 8 Second position

Measures	Counts	Steps with Arms
1	+1, 2, 3, +4	R développé devant A:2nd, R carry à la seconde, rotate to R écarté derrière, R double rond the jambe en l'air
2	5, 6, 7, 8	L cambré de côté - R leg extended full height A:R 3rd, R tombé - L tendu à la seconde A: L 3rd R 2nd, L piqué close R relevé 5th derrière, R, lower straight legs
3-4	1-8	Repeat measures 1-2 reversed
5-6	+1, 2, 3, 4-6, 7-8	L développé derrière, R fondu - L maintaining arabesque, demi tour L attitude derrière (R hand on the barre), cambré en arrière - L holding attitude derrière, L développé devant
7	1-2, 3, 4	L grand rond en l'air en dehor, L brush fondu devant, L close 5th devant on relevé
8	5, 6, 7, 8	Plié, R single pirouette en dehor, L close 5th devant in plié, straighten
1-16	1-8, 1-8, 1-8, 1-8	Repeat measure 1-8 on L