

## Beginning Ballet Level 2, Age 9+

Length: 1 hour + 15 minutes

Barre:

1. Foot progressions - 4/4 adagio
  - a. Facing the barre, in parallel, arms en bas (5, 6), en avant (7), place on the barre (8)
  - b. Press to ball of the foot (1), full pointe (2), ball (3), flat (4), repeat (5, 6, 7, 8)
  - c. Plie (1), releve (2), plie (3), stretch (4), cambre (like you're a fountain with a stream of water coming out of the top of your head) with the head looking over the right shoulder (5, 6), come up (7, 8)
  - d. Repeat with other side
  - e. Finish arms to en avant (1, 2), to a la seconde (3, 4), to en bas (5, 6), stay standing tall (7, 8)
2. Plie with Grand plie - 4/4 adagio
  - a. Arms en bas (5), en avant (6) one hand on the barre (7), other arm to shoulder (8)
  - b. In first position: Plie w/ arm to en bas (1, 2), plie to en avant and outside arm to shoulder (3, 4), grand plie (not going below the knees) (5, 6), stretch (7, 8), arm out on (8). Port de bra forward to a flat back (if I were to place a cup of tea on your back, it shouldn't fall) with arms en avant (1, 2), up (3, 4), plie (5), stretch (6), tendu a la seconde (7), place to second position (8)
  - c. Repeat in second with port de bra to the inside arm (towards the barre - like your drawing a rainbow above your head)
  - d. Repeat in fifth position with port de bra forward again
3. Tendu - 2/4 tango
  - a. Start in fifth position arms en bas (5), en avant (6), hand to barre (7), hand to shoulder (8)
  - b. Tendu devant (1) close (2), Tendu devant (1) close (2), Tendu devant (5) lower fourth (6) tendu front (7) close (8): tendu like you are scraping through mud but leading with your heel.
  - c. Tendu à la seconde (1) close (2), Tendu à la seconde (1) close (2), Tendu à la seconde (5) lower à la seconde (6) tendu à la seconde (7) close (8)
  - d. Tendu derrière (1) close (2), Tendu derrière (1) close (2), Tendu derrière (5) lower fourth (6) tendu derrière (7) close (8)
  - e. Tendu à la seconde (1) close (2), Tendu à la seconde (1) close (2), Tendu à la seconde (5) lower à la seconde (6) tendu à la seconde (7) close (8)
4. Degage - 2/4 Polka
  - a. Prep in first position facing the barre with arms en bas (5, 6), en avant (7), place lightly on the barre (8) as if your fingertips were delicate butterflies landing on a flower petal

- b. Dégage à la seconde (+1), stay in first position (2, 3, 4), degage and close (5), stay (6, 7, 8), dégage (1), stay (2, 3, 4), plie (5), relevé (6), plié (7), stretch (8)
  - c. Repeat to the left
  - d. Finish arms to a la seconde, then down to en bas, standing tall
- 5. Rond de jambe -  $\frac{3}{4}$  adagio waltz
  - a. Start in first position arms en bas (5), en avant (6), hand to barre (7), hand to shoulder (8)
  - b. Hold (1) rond de jambe en dehors (2,3,4) close to first (5) demi plie (6, 7) stretch (8)
  - c. Hold (1) rond de jambe en dehors (2,3,4) close to first (5) tendu a la seconde (6) hold (7) close (8)
  - d. Hold (1) rond de jambe en dedans (2,3,4) close to first (5) demi plie (6, 7) stretch (8)
  - e. Hold (1) rond de jambe en dedans (2,3,4) close to first (5) tendu a la seconde (6) hold (7) close (8)
  - f. Stretch to the barre (1,2,3 straighten 4) releve (5,6,7 come down 8)
  - g. Repeat stretch one more time
- 6. Frappe -  $\frac{3}{4}$  mazurka
  - a. Start in first position facing the barre arms en bas (5), en avant (6), hands to barre (7), right foot to relaxed sur le cou-de-pieds (8) \*make sure to frappe out and hold for a split second but snap it back in quickly, like a frog tongue grabbing a fly\*
  - b. Frappe front (1) closing (2) Frappe front (3) closing (4) tendu devant (5) rond de jambe a la seconde (6) rond de jambe devant (7) close (8)
  - c. Repeat once more
  - d. Frappe a la seconde (1) close (2) cou-de-pieds derrière (3) cou-de-pieds devant (4) Frappe a la seconde (5) close (6) double Frappe a la seconde (and a 7) close (8)
  - e. Tendu a la seconde right leg (1) temps lie (2) temps lie back (3) close (4) Tendu a la seconde right leg (5) temps lie (6) close to relaxed sur le cou-de-pieds (7) hold (8)
  - f. Repeat with left side
- 7. Fondu -  $\frac{6}{8}$  Adagio
  - a. Prep in fifth position with arms en bas facing the barre (5, 6), en avant (7), place on the barre (8)
  - b. Demi-plie melting the feet into the floor (1), stretch both legs with right foot to tendu devant with the head toward the front foot aka the working leg (2), close to demi-plie (3), stretch (4), repeat side (5, 6, 7, 8)
  - c. Demi-plie (1), stretch both legs with right foot to tendu derriere with the head toward the front foot aka the standing leg (2), close to demi-plie (3), stretch (4), repeat side once more (5, 6, 7, 8)

- d. Plie (1), spring to sous-sous (2), plie (3), spring to sous-sous (4), quick switch of the front leg to the back (5), hold (6), plie (7), stretch (8) and ready for the left side
  - e. Repeat left side
  - f. Finish with arms to a la seconde, to fifth en bas
8. Releve from 5th in retire, passe, and echappe-  $\frac{3}{4}$  polonaise
- a. Start in fifth position right foot front facing the barre arms en bas (5), en avant (6), hands to barre (7) hold (8)
  - b. Plie (1) relevé (2) plie (3) retire (4) plie (5) releve (6) echappe (7) close right leg derrière in fifth
  - c. Repeat with left leg in front
  - d. Plie (1) passe right leg (2) close derrière (3) straighten (4) Plie (5) passe left leg (6) close derrière (7) straighten (8)
  - e. Plie (1) passe right leg (2) close devant (3) straighten (4) Plie (5) passe left leg (6) close devant (7) straighten (8)

Center:

1. Port de bras & temps lie -  $\frac{3}{4}$  Lyric Waltz
- a. Prep in croix fifth position with arms fifth en bas (5, 6, 7, 8)
  - b. Arms to fifth en avant (1), opening (2), a la seconde (3), en bas (4), tendu devant with the right foot with arms coming to en avant with the head looking inwards at the right fingertips (like there's a little ladybug sitting on your index finger) (5), plie in fourth position transferring the weight en avant to both feet, arms begin opening (6), stand tall on the right foot to tendu derrière (7) with arms in second position, close fifth with arms returning en bas (8)
  - c. Repeat with the same side, but tendu temps lie en arriere
  - d. Finish by standing tall in fifth position with the arms en bas
  - e. Pause and change sides to start left
2. Tendu - Slow Rag
- a. Start fifth position right leg devant croise arms en bas
  - b. Hold (5) arms en avant (6) arms 4th en haut (7) hold (8)
  - c. tendu devant (1) close (2) tendu devant (3) close (4) plie (5) glisse to 4th (6) glisse back to fifth (7) straighten (8)
  - d. Arms to a la seconde and tendu a la seconde (1) close fifth front (2) tendu a la seconde (3) close fifth front (4) plie (5) glisse to a la seconde (6) glisse back to fifth derrière (7) straighten (8)
  - e. Arms to 4th en avant and tendu derrière (1) close fifth derrière (2) tendu derrière (3) close fifth derrière (4) plie (5) glisse to fourth (6) glisse back to fifth derrière (7) straighten (8)

- f. Arms en avant Demi plie (1) hold (2) straighten (3) hold (4) releve (5) lower (6) hold (7, 8)
  - g. Repeat on left side
3. Adage -  $\frac{3}{4}$  Adagio waltz
- a. Start in first position arms en bas hold (5) en avant (6) en haut (7) arms to shoulder (8)
  - b. Tendu front (1) lift leg to 90 (2) enveloppe to retire (3) lower to first (4) tendu a la seconde (5) lift leg to 90 (6) enveloppe to retire (7) lower to first (8)
  - c. Tendu front (1) lift leg to 90 (2) enveloppe to retire (3) lower to first (4) tendu a la seconde (5) temps lie (6) hold (7) close to first (8)
  - d. Retire right leg (1) hold (2, 3, 4, 5) lower (6) demi plie (7) stretch (8)
  - e. Repeat with left leg.
  - f. Tendu back right leg with arms to first arabesque (1) lift (2, 3, 4, 5) lower (6) close (7) hold (8)
  - g. Repeat with left leg
4. Pirouette -  $\frac{2}{4}$  Baroque
- a. Start en face fifth right leg front arms en bas hold (5, 6) lift to 4th en avant (7, 8)
  - b.  $\frac{1}{4}$  pirouette passe back (1) straighten (2) tendu a la seconde (3) close (4) releve (5) bourrée around 1 and  $\frac{1}{4}$  rotation to the right spotting side (6, 7) lower facing side (8)
  - c.  $\frac{1}{4}$  pirouette passe back (1) straighten (2) tendu a la seconde (3) close (4) releve (5) bourrée around 1 and  $\frac{1}{4}$  rotation to the right spotting back (6, 7) lower facing back (8)
  - d.  $\frac{1}{4}$  pirouette passe back (1) straighten (2) tendu a la seconde (3) close (4) releve (5) bourrée around 1 and  $\frac{1}{4}$  rotation to the right spotting side (6, 7) lower facing side (8)
  - e.  $\frac{1}{4}$  pirouette passe back (1) straighten (2) tendu a la seconde (3) close (4) releve (5) bourrée around 1 and  $\frac{1}{4}$  rotation to the right spotting front (6, 7) lower facing front with left leg in front (8)
  - f. Repeat to left side
5. Allegro #1 -  $\frac{3}{4}$  moderate allegro waltz
- a. Prep in fifth right foot back with arms en bau (5, 6, 7, 8)
  - b. Plie (1), sous-sous (2), plie (3), stretch (4), plie (5), half tour en l'air (6) with changement de pieds, plie (7), stretch (8)
  - c. Repeat to face the front again
  - d. Plie (1), sous-sous (2), plie (3), stretch (4), plie (5), tour en l'air (6) with changement de pieds, plie (7), stretch (8)
  - e. Echappe (1), close (2), stretch plie (3, 4), repeat (5, 6, 7, 8) and finish standing tall, growing towards the sky
6. Allegro #2 -  $\frac{2}{4}$  Hornpipe

- a. Prep in fifth position with the right foot front and arms en bas facing croix (5, 6, 7, 8)
- b. Coupe on the right leg (1), pas de bourrée dessous (2), sous-sous (3, 4), coupe left (5), pas de bourrée dessous (6), sous-sous (7, 8)
- c. Coupe left foot and extend to chasse left foot forward twice (1, 2), then switch right (3, 4), continue across the floor (5, 6, 7, 8)
- d. At the corner, finish neatly in a 3rd arabesque tendu