The teaching of this course is based on Vaganova Ballet Curriculum.

We will start the course with two hands facing the barre.

Our feet will be working in 1\textsuperscript{st}, 2\textsuperscript{nd}, 4\textsuperscript{th} and 5\textsuperscript{th} position and will be practicing the arms ins 1\textsuperscript{st}, 2\textsuperscript{nd} and 3\textsuperscript{rd} position.

Each week I will be introducing new steps and after the barre we’ll continue working on center followed by small jumps and stretching on the floor.

Each class we will be concentrating on stretching to improve flexibility, coordination, musicality and choreography as well.

Also we’ll be learning pirouette en dehors from 5\textsuperscript{th} and 4\textsuperscript{th} positions as well pique turn en dedans.

Here are the steps that we’ll be learning during the course:
- Demi plié and Grand plié
  (In I., II., IV., and V., positions )
- Battement tendu
- Battement tendu degaje en croix ( then with piqué)
- Rond de jambe par terre
- Fondu en croix à terre, off the floor
- Soutenu en tournant with half turn en dehors
- Adagio; developpè passé
- Grand battement
- Relevè (I., II., V. positions)
- Port de bras
- Saute in 1\textsuperscript{st} position
- Changement de pied
- Echappé
- Pas Balancé