

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 1st, 2nd, 4th and 5th position and will be practicing the arms in 1st, 2nd and 3rd 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 5th and 4th 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; developpé passé

- Grand battement

- Relevé (I., II., V. positions)

- Port de bras

- Saute in 1st position

- Changement de pied

- Echappé

- Pas Balancé

