

BALLET SYLLABUS

GRADE 1

THEORY

4 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, PARALLEL

6 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, OFFERING, DEMI 2ND, EN BAS

THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH

GRAND: BIG

BATTEMENT: BEATING

SAUTE: TO JUMP

PORT DE BRAS: CARRIAGE OF THE ARMS

EN DIAGONALE: ON DIAGONALE

CHAINE: CHAIN OR LINK

DEMI: HALF

ECHAPPE: TO ESCAPE

DEVANT: FRONT

DERRIERE: BACK

A LA SECONDE: TO THE 2ND POSITION

PLIES: DEMI PLIES FROM FIRST OR 2ND

TENDUS: DEVANT OR A LA SECONDE

GRAND BATTEMENTS: DEVANT OR A LA SECONDE - IN 4 COUNTS

RISES: IN 1ST AND 2ND

SAUTES: IN FIRST, IN 2ND, ECHAPPE SAUTE FROM FIRST, SPRING POINTS

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS

EN DIAGONALE

URNS: CHAINE TURNS - UP TO 4

JUMPS: SKIPS, GALOPS, BALLET RUNS ON TOES WITH PORT DE BRAS

SHORT DANCE: 16 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L

GRADE 2

THEORY

5 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, 4TH CROSSED, PARALLEL

7 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, FOURTH, OFFERING, DEMI 2ND, EN BAS

CHASSE TO FIRST ARABESQUE AND CLOSE

THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH

GRAND: BIG

BATTEMENT: BEATING

SAUTE: TO JUMP

PORT DE BRAS: CARRIAGE OF THE ARMS

EN DIAGONALE: ON DIAGONALE

CHAINE: CHAIN OR LINK

DEMI: HALF

RELEVE: TO RISE

DEVANT: FRONT

DERRIERE: BACK

A LA SECONDE: TO THE 2ND POSITION

DEGAGE: TO DISENGAGE

PLIES: DEMI PLIES FROM FIRST, 2ND OR 3RD

TENDUS: DEVANT OR A LA SECONDE FROM FIRST OR THIRD

DEGAGES: DEVANT OR A LA SECONDE FROM FIRST OR THIRD

GRAND BATTEMENTS: DEVANT OR A LA SECONDE FROM FIRST OR THIRD - IN 4 COUNTS

RISES: IN 1ST, 2ND AND THIRD

RELEVES: IN 1ST, 2ND AND THIRD, ECHAPPE RELEVE FROM FIRST TO 2ND

SAUTES: IN FIRST, IN 2ND, CHANGEMENTS, ECHAPPE SAUTE FROM FIRST OR CHANGER OR SANS CHANGER, SPRING POINTS

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS, WITH WALKS FORWARDS OR BACKWARDS, CHASSE TO 1ST ARAB

EN DIAGONALE

URNS: CHAINE TURNS - UP TO 6

JUMPS: SKIPS, GALOPS, BALLET RUNS ON TOES WITH PORT DE BRAS, GALOP AND STEP TENDU FRONT OR SIDE

SHORT DANCE: 16 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L

GRADE 3

THEORY

7 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, 4TH CROSSED, 5TH, PARALLEL, PREP POSITION

9 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, THIRD OPEN, FOURTH, FOURTH OPEN, OFFERING, DEMI 2ND, EN BAS

CHASSE TO FIRST ARABESQUE, PORT DE BRAS TO 2ND ARABESQUE AND CLOSE

THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH

GRAND: BIG

BATTEMENT: BEATING

SAUTE: TO JUMP

PORT DE BRAS: CARRIAGE OF THE ARMS

EN DIAGONALE: ON DIAGONALE

CHAINE: CHAIN OR LINK

DEMI: HALF

RELEVE: TO RISE

PETIT: SMALL

JETE: TO THROW

DEGAGE: TO DISENGAGE

DEVANT: FRONT

DERRIERE: BACK

A LA SECONDE: TO THE 2ND POSITION

ROND DE JAMBE: ROUND OR CIRCLE OF THE LEG

EN DEHORS: OUTWARDS

EN DEDANS: INWARDS

GLISSADE: TO GLIDE

PAS DE CHAT: STEP OF THE CAT

ALLEGRO: FAST MOVEMENTS

POSE: TO POSE

TEMPS LEVE: TIME LIFTED

PLIES: DEMI PLIES FROM FIRST, 2ND OR 3RD, GRAND PLIES FROM FIRST OR 2ND

TENDUS: DEVANT, A LA SECONDE OR DERRIERE FROM FIRST OR THIRD

DEGAGES: DEVANT, A LA SECONDE OR DERRIERE FROM FIRST OR THIRD

ROND DE JAMBE: DEMI ROND DE JAMBE EN DEHORS AND EN DEDANS FROM THIRD

GRAND BATTEMENTS: DEVANT, A LA SECONDE OR DERRIERE FROM FIRST OR THIRD - IN 4 OR 2 COUNTS

RISES: IN 1ST, 2ND, THIRD, FOURTH CROSSED OR FIFTH

RELEVES: IN 1ST, 2ND, THIRD, FOURTH CROSSED OR FIFTH, ECHAPPE RELEVE CHANGE OR SANS CHANGER

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS, WITH WALKS FORWARDS OR BACKWARDS, CHASSE TO 1ST ARAB, CHASSE TO 2ND ARABESQUE

PETIT ALLEGRO: SAUTES IN FIRST, IN 2ND, CHANGEMENTS, ECHAPPE SAUTE FROM FIRST OR CHANGER OR SANS CHANGER, ECHAPPE SAUTE EN CROIX, SPRING POINTS, SOUBRESAUT, PETIT JETE DEVANT OR DERRIERE

ALLEGRO: GLISSADE DEVANT OR DERRIERE, PAS DE CHAT

PIROUETTES: SINGLE EN DEHORS FROM THIRD OR FOURTH CROSSED

GRAND ALLEGRO: POSE TEMPS LEVE IN FIRST ARABESQUE, GLISSADE DERRIERE, PAS DE CHAT

EN DIAGONALE TURNS:

CHAINE TURNS - UP TO 8//POSE TURNS UP TO 4

SHORT DANCE: 24 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L

GRADE 4

THEORY

8 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, 4TH CROSSED, 4TH OPEN, 5TH, PARALLEL, PREP POSITION

11 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, THIRD OPEN, FOURTH, FOURTH OPEN, SPANISH FOURTH, OFFERING, ALONGEE ,
DEMI 2ND, EN BAS,

CHASSE TO FIRST ARABESQUE, PORT DE BRAS TO 2ND ARABESQUE, PORT DE BRAS TO THIRD ARAB AND CLOSE

THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH

GRAND: BIG

BATTEMENT: BEATING

SAUTE: TO JUMP

PORT DE BRAS: CARRIAGE OF THE ARMS

EN DIAGONALE: ON DIAGONALE

CHAINE: CHAIN OR LINK

DEMI: HALF

RELEVE: TO RISE

PETIT: SMALL

JETE: TO THROW

DEGAGE: TO DISENGAGE

DEVANT: FRONT

DERRIERE: BACK

A LA SECONDE: TO THE 2ND POSITION

EN CROIX: IN THE SHAPE OF A CROSS

ROND DE JAMBE: ROUND OR CIRCLE OF THE LEG

EN DEHORS: OUTWARDS

EN DEDANS: INWARDS

GLISSADE: TO GLIDE

PAS DE CHAT: STEP OF THE CAT

ALLEGRO: FAST MOVEMENTS

COU DE PIED: THE NECK OF THE FOOT - ANKLE

PASSE: TO PASS

SAUT DE CHAT: JUMP OF THE CAT

DESSUS: OVER

DESSOUS: UNDER

PLIES: DEMI PLIES FROM FIRST, 2ND, 3RD, 4TH CROSSED, GRAND PLIES FROM FIRST, 2ND OR 3RD

TENDUS: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH, WITH TRANSFER OF WEIGHT THROUGH PLIE OR STRAIGHT LEGS

DEGAGES: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH, BATTEMENT PIQUES EN CROIX

ROND DE JAMBE: DEMI OR FULL ROND DE JAMBE EN DEHORS AND EN DEDANS FROM FIFTH

GRAND BATTEMENTS: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH - IN 4 OR 2 COUNTS, GRAND BATTEMENTS DEVELOPPE

BATTEMENT FONDU - EN CROIX AT 45%

DEMI-POINTE

RISES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED, FIFTH, COU DE PIED DEVANT OR DERRIERE

RELEVES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED OR FIFTH, ECHAPPE RELEVE CHANGE OR SANS CHANGE,

ECHAPPE RELEVE EN CROIX, RETIRE DEVANT OR RETIRE DERRIERE

PIQUE PAS DE BOURREE IN 4 COUNTS FROM COU DE PIED OR FIFTH PLIE

POSE COUPE DEVANT OR DERRIERE WITH PETIT DEVELOPPE OR BRUSH, PETIT DEVELOPPE PASSE, POSE TO OPEN POSITIONS

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS, WITH WALKS FORWARDS OR BACKWARDS, CHASSE TO 1ST ARAB, CHASSE TO 2ND ARABESQUE, CHASSE TO THIRD ARAB, FORWARDS OR SIDEWAYS PORT DE BRAS

PETIT ALLEGRO: SAUTES IN FIRST, IN 2ND, CHANGEMENTS, ECHAPPE SAUTE FROM FIRST OR CHANGER OR SANS CHANGER, ECHAPPE SAUTE EN CROIX, SPRING POINTS, SOUBRESAUT, PETIT JETE DEVANT OR DERRIERE, PETIT JETE PASSE DEVANT OR PASSE DERRIERE, PETIT ASSEMBLE DEVANT, DERRIERE, PASSE DEVANT, PASSE DERRIERE

ALLEGRO: GLISSADE DEVANT OR DERRIERE, OVER OR UNDER, PAS DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER, JETE DEVANT OR DERRIERE, OVER OR UNDER, SISSONNE EN AVANT, SISSONNE ORDINAIRE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE

PIROUETTES: SINGLE OR DOUBLE EN DEHORS FROM THIRD OR FOURTH CROSSED, SINGLE EN DEDANS WITH ARMS IN FIRST FROM LUNGE

GRAND ALLEGRO: POSE TEMPS LEVE IN FIRST, 2ND OR THIRD ARABESQUE, GLISSADE DERRIERE, PAS DE CHAT, SAUT DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER ELANCE, POSE IN FIRST 2ND OR THIRD ARABESQUE

EN DIAGONALE TURNS:

CHAINE TURNS - UP TO 10//POSE TURNS UP TO 6

SHORT DANCE: 24 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L

GRADE 5

THEORY

8 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, 4TH CROSSED, 4TH OPEN, 5TH, PARALLEL, PREP POSITION

11 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, THIRD OPEN, FOURTH, FOURTH OPEN, SPANISH FOURTH, OFFERING, DEMI 2ND, EN BAS, ALONGEE

CHASSE TO FIRST ARABESQUE, PORT DE BRAS TO 2ND ARABESQUE, PORT DE BRAS TO THIRD ARAB AND CLOSE, CHASSE TO FOURTH ARAB (2ND ARABESQUE EN FONDU)

THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH

GRAND: BIG

BATTEMENT: BEATING

SAUTE: TO JUMP

PORT DE BRAS: CARRIAGE OF THE ARMS

EN DIAGONALE: ON DIAGONALE

CHAINE: CHAIN OR LINK

DEMI: HALF

RELEVE: TO RISE

PETIT: SMALL

JETE: TO THROW

DEGAGE: TO DISENGAGE

DEVANT: FRONT

DERRIERE: BACK

A LA SECONDE: TO THE 2ND POSITION

EN CROIX: IN THE SHAPE OF A CROSS

ROND DE JAMBE: ROUND OR CIRCLE OF THE LEG

EN DEHORS: OUTWARDS

EN DEDANS: INWARDS

GLISSADE: TO GLIDE

PAS DE CHAT: STEP OF THE CAT

ALLEGRO: FAST MOVEMENTS

COU DE PIED: THE NECK OF THE FOOT - ANKLE

PASSE: TO PASS

SAUT DE CHAT: JUMP OF THE CAT

DESSUS: OVER

DESSOUS: UNDER

FRAPPE: TO HIT OR STRIKE

PLIES: DEMI PLIES FROM FIRST, 2ND, 3RD, 4TH OPEN OR CROSSED, 5TH, GRAND PLIES FROM FIRST, 2ND, 3RD, 4TH CROSSED, FIFTH, WITH RISES, WITH RELEVES, WITH PORT DE BRAS

TENDUS: DEVANT, A LA SECONDE OR DERRIERE FROM FIFTH, WITH TRANSFER OF WEIGHT THROUGH PLIE OR STRAIGHT LEGS, IN 1/2 COUNTS, WITH PLIE ON CLOSINGS

DEGAGES: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH, BATTEMENT PIQUES EN CROIX, BATTEMENT PIQUE EN ROND, IN 1/2 COUNTS

ROND DE JAMBE: DEMI OR FULL ROND DE JAMBE EN DEHORS AND EN DEDANS, IN 1/2 COUNTS, EN FONDU

FRAPPE: SINGLE EN CROIX WITH POINTED OR FLEXED FOOT

BATTEMENT FONDU - EN CROIX, WITH RISE, WITH RELEVÉ AT 45%

GRAND BATTEMENTS: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH - IN 4 OR 2 COUNTS, GRAND BATTEMENTS DEVELOPPE, GRAND BATTEMENTS ENVELOPPE, WITH RETIRES

DEMI-POINTE

RISES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED, FIFTH, COU DE PIED DEVANT OR DERRIERE

RELEVÉS: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED OR FIFTH, ECHAPPE RELEVÉ CHANGE OR SANS CHANGE, ECHAPPE RELEVÉ EN CROIX, RETIRE DEVANT OR RETIRE DERRIERE, RETIRE PASSE DEVANT OR DERRIERE, SISSONNE RELEVÉ DEVANT OR DERRIERE, PIQUE PAS DE BOURRÉE IN 3 OR 4 COUNTS FROM COU DE PIED OR FIFTH PLIE, POSE COUPE DEVANT OR DERRIERE WITH PETIT DEVELOPPE OR BRUSH, EMBOITE OVER OR UNDER, PETIT DEVELOPPE PASSE, POSE TO OPEN POSITIONS

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS, WITH WALKS FORWARDS OR BACKWARDS, CHASSE TO 1ST ARAB, CHASSE TO 2ND ARABESQUE, CHASSE TO 3RD ARAB, CHASSE TO 4TH ARABESQUE, FORWARDS, SIDEWAYS OR BACKWARDS PORT DE BRAS

PETIT ALLEGRO: SAUTES IN FIRST, IN 2ND, CHANGEMENTS, ECHAPPE SAUTE FROM FIRST OR CHANGER OR SANS CHANGER, ECHAPPE SAUTE EN CROIX, SPRING POINTS, SOUBRESAUT, PETIT JETE DEVANT OR DERRIERE, PETIT JETE PASSE DEVANT OR PASSE DERRIERE, PETIT ASSEMBLE DEVANT, DERRIERE, PASSE DEVANT, PASSE DERRIERE, TEMPS LEVÉ IN COU DE PIED DERRIERE OR DEVANT

BEATS: CHANGEMENT BATTUE, ENTRECHAT QUATRE

ALLEGRO: GLISSADE DEVANT OR DERRIERE, OVER OR UNDER, PAS DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER, JETE DEVANT OR DERRIERE, OVER OR UNDER, SISSONNE DEVANT OR DERRIERE, OVER OR UNDER, SISSONNE ORDINAIRE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE, PAS DE BOURRÉE DEVANT, DERRIERE, OVER OR UNDER, PAS DE BASQUE - SAUTE/GLISSER/EN AVANT/EN ARRIERE, RETIRE SAUTE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE

PIROUETTES: SINGLE OR DOUBLE EN DEHORS FROM THIRD OR FOURTH CROSSED, SINGLE OR DOUBLE EN DEDANS WITH ARMS IN FIRST OR THIRD FROM LUNGE

GRAND ALLEGRO: POSE TEMPS LEVÉ IN FIRST, 2ND OR THIRD ARABESQUE, GLISSADE DERRIERE, PAS DE CHAT, SAUT DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER ELANCE, POSE IN FIRST 2ND OR THIRD ARABESQUE, SISSONNE EN AVANT, GRAND JETE, BALANCE, PAS DE VALSE, GARGOUILLE, SAUT DE BASQUE, CHAÎNE ELANCE

EN DIAGONALE TURNS:

CHAÎNE TURNS - UP TO 12//POSE TURNS UP TO 8//PETIT PAS DE BASQUE UP TO 8

SHORT DANCE: 24 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L

GRADE 6

THEORY

8 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, 4TH CROSSED, 4TH OPEN, 5TH, PARALLEL, PREP POSITION

11 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, THIRD OPEN, FOURTH, FOURTH OPEN, SPANISH FOURTH, OFFERING, DEMI 2ND, EN BAS, ALONGEE

CHASSE TO 1ST ARABESQUE, PORT DE BRAS TO 2ND ARABESQUE, PORT DE BRAS TO 3RD ARAB AND CLOSE, CHASSE TO 4TH ARAB (2ND ARABESQUE EN FONDU), CHASSE TO 5TH ARABESQUE (3RD ARABESQUE ON FONDU)

THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH
GRAND: BIG
BATTEMENT: BEATING
SAUTE: TO JUMP
PORT DE BRAS: CARRIAGE OF THE ARMS
EN DIAGONALE: ON DIAGONALE
CHAINE: CHAIN OR LINK
DEMI: HALF
RELEVE: TO RISE
PETIT: SMALL
JETE: TO THROW
DEGAGE: TO DISENGAGE
DEVANT: FRONT
DERRIERE: BACK
A LA SECONDE: TO THE 2ND POSITION
EN CROIX: IN THE SHAPE OF A CROSS
ROND DE JAMBE: ROUND OR CIRCLE OF THE LEG
EN DEHORS: OUTWARDS
EN DEDANS: INWARDS
GLISSADE: TO GLIDE
PAS DE CHAT: STEP OF THE CAT
ALLEGRO: FAST MOVEMENTS
COU DE PIED: THE NECK OF THE FOOT - ANKLE
PASSE: TO PASS
SAUT DE CHAT: JUMP OF THE CAT
CROISE: CROSSED
EFFACE: SHADED
DESSUS: OVER
DESSOUS: UNDER
FRAPPE: TO HIT OR STRIKE
EN TOURNANT: TURNING
FOUETTE: TO WHIP

PLIES: DEMI PLIES FROM FIRST, 2ND, 3RD, 4TH OPEN OR CROSSED, 5TH, GRAND PLIES FROM FIRST, 2ND, 3RD, 4TH CROSSED, FIFTH, WITH RISES, WITH RELEVES, WITH PORT DE BRAS, WITH PIROUETTES

TENDUS: DEVANT, A LA SECONDE OR DERRIERE FROM FIFTH, FROM CROISE OR EFFACE, WITH TRANSFER OF WEIGHT THROUGH PLIE OR STRAIGHT LEGS, IN 1/2 COUNTS, WITH PLIE ON CLOSINGS, WITH PLIE ON EXTENSIONS

DEGAGES: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH, FROM CROISE OR EFFACE, BATTEMENT PIQUES EN CROIX, BATTEMENT PIQUE EN ROND, IN 1/2 COUNTS

ROND DE JAMBE: DEMI OR FULL ROND DE JAMBE EN DEHORS AND EN DEDANS, IN 1/2 COUNTS, EN FONDU, EN L'AIR 45%

FRAPPE: SINGLE EN CROIX WITH POINTED OR FLEXED FOOT, WITH FONDU ON EXTENSION OR SUR LE COU DE PIED

PETIT BATTEMENT: ACCENT FRONT OR BACK, FLEXED OR POINTED

BATTEMENT FONDU - EN CROIX, WITH RISE, WITH RELEVE AT 45%, 90%

DEVELOPPE: EN CROIX, EN FONDU

GRAND BATTEMENTS: DEVANT, A LA SECONDE OR DERRIERE FROM FIFTH - IN 4, 2 OR 1 COUNTS, FROM CROISE OR EFFACE, GRAND BATTEMENTS DEVELOPPE, GRAND BATTEMENTS ENVELOPPE, WITH RETIRES, EN FONDU

DEMI-POINTE

RISES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED, FIFTH, COU DE PIED DEVANT OR DERRIERE
RELEVES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED OR FIFTH, ECHAPPE RELEVE CHANGE OR SANS CHANGE, ECHAPPE RELEVE EN CROIX, RETIRE DEVANT OR RETIRE DERRIERE, RETIRE PASSE DEVANT OR DERRIERE, SISSONNE RELEVE DEVANT OR DERRIERE, PIQUE PAS DE BOURREE IN 3 OR 4 COUNTS FROM COU DE PIED OR FIFTH PLIE, COUPE FOUETTE RACOURCIS, POSE COUPE DEVANT OR DERRIERE WITH PETIT DEVELOPPE OR BRUSH, EMBOITE OVER OR UNDER, RELEVE IN ATTITUDE DEVANT, RELEVE IN ATTITUDE DERRIERE, PETIT DEVELOPPE PASSE, POSE TO OPEN POSITIONS

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS, WITH WALKS FORWARDS OR BACKWARDS, CHASSE TO 1ST ARAB, CHASSE TO 2ND ARABESQUE, CHASSE TO 3RD ARAB, CHASSE TO 4TH ARABESQUE, CHASSE TO 5TH ARABESQUE, FORWARDS, SIDEWAYS OR BACKWARDS PORT DE BRAS, CIRCULAR PORT DE BRAS EN DEHORS OR EN DEDANS

PETIT ALLEGRO: SAUTES IN FIRST, IN 2ND, CHANGEMENTS, ECHAPPE SAUTE FROM FIRST OR CHANGER OR SANS CHANGER, ECHAPPE SAUTE EN CROIX, SPRING POINTS, SOUBRESAUT, PETIT JETE DEVANT OR DERRIERE, PETIT JETE PASSE DEVANT OR PASSE DERRIERE, PETIT ASSEMBLE DEVANT, DERRIERE, PASSE DEVANT, PASSE DERRIERE, TEMPS LEVE IN COU DE PIED DERRIERE OR DEVANT

BEATS: CHANGEMENT BATTUE, ENTRECHAT QUATRE, ENTRECHAT TROIS DERRIERE, ENTRECHAT TROIS DEVANT

ALLEGRO: GLISSADE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, PAS DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, JETE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE FERME OR OUVERT, DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE DOUBLE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE ORDINAIRE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE, PAS DE BOURREE DEVANT, DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, TO OPEN POSITION EN AVANT OR EN ARRIERE OR A LA SECONDE, EN TOURNANT EN DEDANS OR EN DEHORS, PAS DE BASQUE - SAUTE/GLISSER/EN AVANT/EN ARRIERE, RETIRE SAUTE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE

PIROUETTES: SINGLE, DOUBLE OR TRIPLE, EN DEHORS FROM THIRD OR FOURTH CROSSED, SINGLE OR DOUBLE EN DEDANS WITH ARMS IN FIRST OR THIRD FROM LUNGE, SINGLE EN DEHORS OR EN DEDANS IN OPEN POSITION, SINGLE EN DEHORS OR EN DEDANS FINISHING IN OPEN POSITION

GRAND ALLEGRO: POSE TEMPS LEVE IN FIRST, 2ND OR THIRD ARABESQUE, GLISSADE DERRIERE, PAS DE CHAT, SAUT DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER ELANCE, POSE IN FIRST 2ND OR THIRD ARABESQUE, SISSONNE EN AVANT, GRAND JETE, CABRIOLE DERRIERE, GRAND JETE EN TOURNANT, BALANCE, PAS DE VALSE, GARGOUILLADE, SAUT DE BASQUE, CHAINE ELANCE

EN DIAGONALE TURNS:

CHAINE TURNS - UP TO 16//POSE TURNS UP TO 12//PETIT PAS DE BASQUE UP TO 12

FOUETTE TURNS: UP TO 8

SHORT DANCE: 32 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L

GRADE 7

THEORY

8 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, 4TH CROSSED, 4TH OPEN, 5TH, PARALLEL, PREP POSITION

11 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, THIRD OPEN, FOURTH, FOURTH OPEN, SPANISH FOURTH, OFFERING, DEMI 2ND, EN BAS, ALONGEE

CHASSE TO 1ST ARABESQUE, PORT DE BRAS TO 2ND ARABESQUE, PORT DE BRAS TO 3RD ARAB AND CLOSE, CHASSE TO 4TH ARAB (2ND ARABESQUE EN FONDU), CHASSE TO 5TH ARABESQUE (3RD ARABESQUE ON FONDU), PENCHE DERRIERE

THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH

GRAND: BIG

BATTEMENT: BEATING

SAUTE: TO JUMP

PORT DE BRAS: CARRIAGE OF THE ARMS

EN DIAGONALE: ON DIAGONALE

CHAINE: CHAIN OR LINK

DEMI: HALF

RELEVE: TO RISE

PETIT: SMALL

JETE: TO THROW

DEGAGE: TO DISENGAGE

DEVANT: FRONT

DERRIERE: BACK

A LA SECONDE: TO THE 2ND POSITION

EN CROIX: IN THE SHAPE OF A CROSS

RONDE DE JAMBE: ROUND OR CIRCLE OF THE LEG

EN DEHORS: OUTWARDS

EN DEDANS: INWARDS
GLISSADE: TO GLIDE
PAS DE CHAT: STEP OF THE CAT
ALLEGRO: FAST MOVEMENTS
COU DE PIED: THE NECK OF THE FOOT - ANKLE
PASSE: TO PASS
SAUT DE CHAT: JUMP OF THE CAT
CROISE: CROSSED
EFFACE: SHADED
DESSUS: OVER
DESSOUS: UNDER
FRAPPE: TO HIT OR STRIKE
EN TOURNANT: TURNING
FOUETTE: TO WHIP

PLIES: DEMI PLIES FROM FIRST, 2ND, 3RD, 4TH OPEN OR CROSSED, 5TH, GRAND PLIES FROM FIRST, 2ND, 3RD, 4TH CROSSED, FIFTH, WITH RISES, WITH RELEVES, WITH PORT DE BRAS, WITH REVERSE PORT DE BRAS, WITH PIROUETTES, WITH DEVELOPPE AND FOUETTE RELEVE

TENDUS: DEVANT, A LA SECONDE OR DERRIERE FROM FIFTH, FROM CROISE OR EFFACE, WITH TRANSFER OF WEIGHT THROUGH PLIE OR STRAIGHT LEGS, IN 1/2 COUNTS, WITH PLIE ON CLOSINGS, WITH PLIE ON EXTENSIONS, ON DEMI POINTE, BATTEMENT TENDU RELEVE, WITH PAS DE CHEVAL

DEGAGES: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH, FROM CROISE OR EFFACE, BATTEMENT PIQUES EN CROIX, BATTEMENT PIQUE EN ROND, IN 1/2 COUNTS, DEGAGES BALANCE, FLICK FLACK, EN DEMI POINTE

ROND DE JAMBE: DEMI OR FULL ROND DE JAMBE EN DEHORS AND EN DEDANS, IN 1/2 COUNTS, EN FONDU, EN L'AIR 45%, GRAND ROND DE JAMBE JETE, EN DEMI POINTE

FRAPPE: SINGLE OR DOUBLE EN CROIX WITH POINTED OR FLEXED FOOT, WITH FONDU ON EXTENSION OR SUR LE COU DE PIED, EN DEMI POINTE

BATTEMENT FRAPPE FOUETTE - DEVANT DERRIERE/ACCENT IN OR OUT

PETIT BATTEMENT: ACCENT FRONT OR BACK, FLEXED OR POINTED, PETIT BATTEMENT SERRES, ON DEMI POINTE

BATTEMENT FONDU - EN CROIX, WITH RISE, WITH RELEVE AT 45%, 90%, 120%

ADAGE: EN CROIX, EN FONDU, DEMI GRAND ROND DE JAMBE AND GRAND ROND DE JAMBE, FOUETTE RELEVE OR ROTATION, PENCHE DERRIERE

GRAND BATTEMENTS: DEVANT, A LA SECONDE OR DERRIERE FROM FIFTH - IN 4, 2 OR 1 COUNTS, FROM CROISE OR EFFACE, GRAND BATTEMENTS DEVELOPPE, GRAND BATTEMENTS ENVELOPPE, WITH RETIRES, EN FONDU, EN DEMI POINTE, BATTEMENT BALANCES

DEMI-POINTE

RISES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED, FIFTH, COU DE PIED DEVANT OR DERRIERE
RELEVES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED OR FIFTH, ECHAPPE RELEVE CHANGE OR SANS CHANGE, ECHAPPE RELEVE EN CROIX, RETIRE DEVANT OR RETIRE DERRIERE, RETIRE PASSE DEVANT OR DERRIERE, SISSONNE RELEVE DEVANT OR DERRIERE, PIQUE PAS DE BOURREE IN 3 OR 4 COUNTS FROM COU DE PIED OR FIFTH PLIE, COUPE FOUETTE RACOURCIS, POSE COUPE DEVANT OR DERRIERE WITH PETIT DEVELOPPE OR BRUSH, EMBOITE OVER OR UNDER, RELEVE IN ATTITUDE DEVANT, RELEVE IN ATTITUDE DERRIERE, PETIT DEVELOPPE PASSE, POSE TO OPEN POSITIONS, BALLONNE EN CROIX

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS, WITH WALKS FORWARDS OR BACKWARDS, CHASSE TO 1ST ARAB, CHASSE TO 2ND ARABESQUE, CHASSE TO 3RD ARAB, CHASSE TO 4TH ARABESQUE, CHASSE TO 5TH ARABESQUE, FORWARDS, SIDEWAYS OR BACKWARDS PORT DE BRAS, CIRCULAR PORT DE BRAS EN DEHORS OR EN DEDANS, EN DEMI POINTE

PETIT ALLEGRO: SAUTES IN FIRST, IN 2ND, CHANGEMENTS, ECHAPPE SAUTE FROM FIRST OR CHANGER OR SANS CHANGER, ECHAPPE SAUTE EN CROIX, SPRING POINTS, SOUBRESAUT, PETIT JETE DEVANT OR DERRIERE, PETIT JETE PASSE DEVANT OR PASSE DERRIERE, PETIT ASSEMBLE DEVANT, DERRIERE, PASSE DEVANT, PASSE DERRIERE, TEMPS LEVE IN COU DE PIED DERRIERE OR DEVANT

BEATS: CHANGEMENT BATTUE, ENTRECHAT QUATRE, ENTRECHAT TROIS DERRIERE, ENTRECHAT TROIS DEVANT, ENTRECHAT CINQUE DERRIERE OR DEVANT, BRISES OVER, BRISES UNDER, BRISES VOLES

ALLEGRO: GLISSADE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, PAS DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, JETE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE FERME OR OUVERT, DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE DOUBLE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE ORDINAIRE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE, PAS DE BOURREE DEVANT, DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, TO OPEN POSITION EN AVANT OR EN ARRIERE OR A LA SECONDE, EN TOURNANT EN DEDANS OR EN DEHORS, BALLOTES SAUTE DEVANT OR DERRIERE, PAS DE BASQUE - SAUTE/GLISSER/EN AVANT/EN ARRIERE, RETIRE SAUTE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE, TEMPS DE CUISSE - FRENCH/ITALIAN/OVER/UNDER - ANY OF THESE WITH BEATS

PIROUETTES: SINGLE, DOUBLE OR TRIPLE, EN DEHORS FROM THIRD OR FOURTH CROSSED, SINGLE, DOUBLE OR TRIPLE EN DEDANS WITH ARMS IN FIRST OR THIRD FROM LUNGE, SINGLE OR DOUBLE EN DEHORS OR EN DEDANS IN OPEN POSITION, SINGLE OR DOUBLE EN DEHORS OR EN DEDANS FINISHING IN OPEN POSITION

GRAND ALLEGRO: POSE TEMPS LEVE IN FIRST, 2ND OR THIRD ARABESQUE, GLISSADE DERRIERE, PAS DE CHAT, SAUT DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER ELANCE, POSE IN FIRST 2ND OR THIRD ARABESQUE, SISSONNE EN AVANT, GRAND JETE, CABRIOLE DERRIERE OR DEVANT, GRAND JETE EN TOURNANT, FOUETTE SAUTE, FOUETTE SAUTE BATTUE, BALANCE, PAS DE VALSE, GARGOUILLADE, SAUT DE BASQUE, CHAINE ELANCE, TOMBE PAS DE BOURREE, TOMBE DEVELOPPE EN TOURNANT, FULL CONTRETEMPS - (CHASSE COUPE STEP HOP), FAILLI, ALL WITH BEATS

EN DIAGONALE TURNS:

CHAINE TURNS - UP TO 24//POSE TURNS UP TO 16//PETIT PAS DE BASQUE UP TO 16//EMBOITE SINGLE OR TRIPLE, WITH COU DE PIED//PETIT JETE EN TOURNANT//LAME DUCKS//POSE TURN FOUETTE TURN

16 COUNT MENAGE: COMBINING ANY OF ABOVE TURNS

FOUETTE TURNS: UP TO 16

SHORT DANCE: 32 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L

GRADE 8

THEORY

8 POSITIONS OF THE FEET: 1ST, 2ND, 3RD, 4TH CROSSED, 4TH OPEN, 5TH, PARALLEL, PREP POSITION

11 POSITIONS OF THE ARMS: 1ST, 2ND, THIRD, THIRD OPEN, FOURTH, FOURTH OPEN, SPANISH FOURTH, OFFERING, DEMI 2ND, EN BAS, ALONGEE

CHASSE TO 1ST ARABESQUE, PORT DE BRAS TO 2ND ARABESQUE, PORT DE BRAS TO 3RD ARAB AND CLOSE, CHASSE TO 4TH ARAB (2ND ARABESQUE EN FONDU), CHASSE TO 5TH ARABESQUE (3RD ARABESQUE ON FONDU), PENCHE DERRIERE, PENCHE DEVANT
THE MEANINGS OF ALL MOVEMENTS IN THIS SYLLABUS

PLIE: TO BEND

TENDU: TO STRETCH

GRAND: BIG

BATTEMENT: BEATING

SAUTE: TO JUMP

PORT DE BRAS: CARRIAGE OF THE ARMS

EN DIAGONALE: ON DIAGONALE

CHAINE: CHAIN OR LINK

DEMI: HALF

RELEVE: TO RISE

PETIT: SMALL

JETE: TO THROW

DEGAGE: TO DISENGAGE

DEVANT: FRONT

DERRIERE: BACK

A LA SECONDE: TO THE 2ND POSITION

RONDE DE JAMBE: ROUND OR CIRCLE OF THE LEG

EN DEHORS: OUTWARDS

EN DEDANS: INWARDS

GLISSADE: TO GLIDE

PAS DE CHAT: STEP OF THE CAT

ALLEGRO: FAST MOVEMENTS

COU DE PIED: THE NECK OF THE FOOT - ANKLE

PASSE: TO PASS

SAUT DE CHAT: JUMP OF THE CAT

CROISE: CROSSED

EFFACE: SHADED

DESSUS: OVER

DESSOUS: UNDER

FRAPPE: TO HIT OR STRIKE

EN TOURNANT: TURNING

FOUETTE: TO WHIP

PLIES: DEMI PLIES FROM FIRST, 2ND, 3RD, 4TH OPEN OR CROSSED, 5TH, GRAND PLIES FROM FIRST, 2ND, 3RD, 4TH CROSSED, FIFTH, WITH RISES, WITH RELEVES, WITH PORT DE BRAS, WITH REVERSE PORT DE BRAS, WITH PIROUETTES, WITH DEVELOPPE AND FOUETTE RELEVÉ

TENDUS: DEVANT, A LA SECONDE OR DERRIERE FROM FIFTH, FROM CROISE OR EFFACE, WITH TRANSFER OF WEIGHT THROUGH PLIE OR STRAIGHT LEGS, IN 1/2 COUNTS, WITH PLIE ON CLOSINGS, WITH PLIE ON EXTENSIONS, ON DEMI POINTE, BATTEMENT TENDU RELEVÉ, WITH PAS DE CHEVAL, WITH RELEVÉ

DEGAGES: DEVANT, A LA SECONDE OR DERRIERE FROM THIRD OR FIFTH, FROM CROISE OR EFFACE, BATTEMENT PIQUES EN CROIX, BATTEMENT PIQUE EN ROND, IN 1/2 COUNTS, DEGAGES BALANCE, FLICK FLACK, EN DEMI POINTE, WITH RELEVÉ

ROND DE JAMBE: DEMI OR FULL ROND DE JAMBE EN DEHORS AND EN DEDANS, IN 1/2 COUNTS, EN FONDU, EN L'AIR 45%, GRAND ROND DE JAMBE JETE, EN DEMI POINTE, EN TOURNANT, WITH RELEVÉ

FRAPPE: SINGLE, DOUBLE OR TRIPLE EN CROIX WITH POINTED OR FLEXED FOOT, WITH FONDU ON EXTENSION OR SUR LE COU DE PIED, EN DEMI POINTE, WITH RELEVÉ, WITH PIQUE

BATTEMENT FRAPPE FOUETTE - DEVANT DERRIERE/ACCENT IN OR OUT/WITH FONDU/WITH RISE

PETIT BATTEMENT: ACCENT FRONT OR BACK, FLEXED OR POINTED, PETIT BATTEMENT SERRES, ON DEMI POINTE, WITH RELEVÉ

BATTEMENT FONDU - EN CROIX, WITH RISE, WITH RELEVÉ AT 45%, 90%, 120% AND 150%

ADAGE: EN CROIX, EN FONDU, DEMI GRAND ROND DE JAMBE AND GRAND ROND DE JAMBE, FOUETTE RELEVÉ OR ROTATION, PENCHE DERRIERE, DEVANT, A LA SECONDE, BALLOTTE EN CROIX, TOMBE, RUSSIAN GRAND ROND DE JAMBE JETE (EN DEHORS, EN DEDANS)

GRAND BATTEMENTS: DEVANT, A LA SECONDE OR DERRIERE FROM FIFTH - IN 4, 2 OR 1 COUNTS, FROM CROISE OR EFFACE, GRAND BATTEMENTS DEVELOPPE, GRAND BATTEMENTS ENVELOPPE, WITH RETIRES, EN FONDU, EN DEMI POINTE, BATTEMENT BALANCES, BATTEMENT BALANCES WITH PENCHE, WITH RELEVÉ

DEMI-POINTE

RISES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED, FIFTH, COU DE PIED DEVANT OR DERRIERE

RELEVES: IN 1ST, 2ND, THIRD, FOURTH OPEN, FOURTH CROSSED OR FIFTH, ECHAPPE RELEVÉ CHANGE OR SANS CHANGE, ECHAPPE RELEVÉ EN CROIX, RETIRE DEVANT OR RETIRE DERRIERE, RETIRE PASSE DEVANT OR DERRIERE, SISSONNE RELEVÉ DEVANT OR DERRIERE, PIQUE PAS DE BOURREE IN 3 OR 4 COUNTS FROM COU DE PIED OR FIFTH PLIE, COUPE FOUETTE RACOURCIS, POSE COUPE DEVANT OR DERRIERE WITH PETIT DEVELOPPE OR BRUSH, EMBOITE OVER OR UNDER, RELEVÉ IN ATTITUDE DEVANT, RELEVÉ IN ATTITUDE DERRIERE, PETIT DEVELOPPE PASSE, POSE TO OPEN POSITIONS, BALLONNE EN CROIX

PORT DE BRAS: SIMPLE PORT DE BRAS, FULL PORT DE BRAS, WITH WALKS FORWARDS OR BACKWARDS, CHASSE TO 1ST ARAB, CHASSE TO 2ND ARABESQUE, CHASSE TO 3RD ARAB, CHASSE TO 4TH ARABESQUE, CHASSE TO 5TH ARABESQUE, FORWARDS, SIDEWAYS OR BACKWARDS PORT DE BRAS, CIRCULAR PORT DE BRAS EN DEHORS OR EN DEDANS, EN DEMI POINTE

PETIT ALLEGRO: SAUTES IN FIRST, IN 2ND, CHANGEMENTS, ECHAPPE SAUTE FROM FIRST OR CHANGER OR SANS CHANGER, ECHAPPE SAUTE EN CROIX, SPRING POINTS, SOUBRESAUT, PETIT JETE DEVANT OR DERRIERE, PETIT JETE PASSE DEVANT OR PASSE DERRIERE, PETIT ASSEMBLE DEVANT, DERRIERE, PASSE DEVANT, PASSE DERRIERE, TEMPS LEVÉ IN COU DE PIED DERRIERE OR DEVANT

BEATS: CHANGEMENT BATTUE, ENTRECHAT QUATRE, ENTRECHAT TROIS DERRIERE, ENTRECHAT TROIS DEVANT, ENTRECHAT CINQUE DERRIERE OR DEVANT, BRISES OVER OR UNDER 2-2, 2-1, 1-1, 1-2, BRISES VOLES, COUPE BRISE, ENTRECHAT SIX, SIX DE VOLE

ALLEGRO: GLISSADE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, PAS DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, JETE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE FERME OR OUVERT, DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE

DOUBLE DEVANT OR DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIERE, SISSONNE ORDINAIRE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE, SISSONNE CHANGE, SISSONNE EN TOURNANT, PAS DE BOURREE DEVANT, DERRIERE, OVER OR UNDER, EN AVANT OR EN ARRIER, TO OPEN POSITION EN AVANT OR EN ARRIERE OR A LA SECONDE, EN TOURNANT EN DEDANS OR EN DEHORS, BALLOTES SAUTE DEVANT OR DERRIERE, PAS DE BASQUE - SAUTE/GLISSER/EN AVANT/EN ARRIERE, RETIRE SAUTE - DEVANT/DERRIERE/PASSE DEVANT/PASSE DERRIERE, TEMPS DE CUISSE - FRENCH/ITALIAN/OVER/UNDER, JETE ROND DE JAMBE SAUTE - OVER/UNDER, JETE BATTEMENT FRAPPE - OVER/ UNDER - ANY OF THESE WITH BEATS

PIROUETTES: SINGLE, DOUBLE OR TRIPLE, EN DEHORS FROM THIRD OR FOURTH CROSSED, SINGLE, DOUBLE OR TRIPLE EN DEDANS WITH ARMS IN FIRST OR THIRD FROM LUNGE, SINGLE OR DOUBLE EN DEHORS OR EN DEDANS IN OPEN POSITION, SINGLE OR DOUBLE EN DEHORS OR EN DEDANS FINISHING IN OPEN POSITION

GRAND ALLEGRO: POSE TEMPS LEVE IN FIRST, 2ND OR THIRD ARABESQUE, GLISSADE DERRIERE, PAS DE CHAT, SAUT DE CHAT, ASSEMBLE DEVANT OR DERRIERE, OVER OR UNDER ELANCE, POSE IN FIRST 2ND OR THIRD ARABESQUE, SISSONNE EN AVANT, GRAND JETE, CABRIOLE DERRIERE OR DEVANT, GRAND JETE EN TOURNANT, FOUETTE SAUTE, FOUETTE SAUTE BATTUE , ENTRECHAT SIX DE VOLE - OVER - UNDER , BALANCE, PAS DE VALSE, GARGOILLADE, SAUT DE BASQUE, CHAINE ELANCE, TOMBE PAS DE BOURREE, TOMBE DEVELOPPE EN TOURNANT, DEMI CONTRETEMPS, FULL CONTRETEMPS - (CHASSE COUPE STEP HOP), TEMPS DE FLECHE, FAILLI, TEMPS DE POISSON, FAILLI, CABRIOLE - DOUBLE, ALL WITH BEATS

EN DIAGONALE TURNS:

CHAINE TURNS - UP TO 24//POSE TURNS UP TO 24//PETIT PAS DE BASQUE UP TO 24//EMBOITE: CONTINUOUS, WITH HALF TURN, DOUBLE, TRIPLE WITH FULL TURN, WITH COU DE PIED//PETIT JETE EN TOURNANT, WITH BEATS//LAME DUCKS//POSE TURN FOUETTE TURN

16 COUNT MENAGE: COMBINING ANY OF ABOVE TURNS

FOUETTE TURNS: UP TO 32

SHORT DANCE: 48 COUNTS USING ANY OF THE ABOVE MOVEMENTS

CURTSEY OR BOW: R FOOT BACK, PLIE STRETCH CLOSE - REPEAT L//LIFT R ARM TO OFFERING WITH R BALL OF FOOT, BOW HEAD AND ARM, LIFT HEAD AND ARM BACK TO OFFERING, CLOSE - REPEAT TO L