

Ballet Syllabus

Level 2 (9-11)

Technical Focuses: Passion, Posture, Placement, Positions, Preparations, Transitions (In order)

5 Basic Leg Position: 1st, 2nd, 3rd, 4th, 5th

5 Basic Arm Positions: 1st, 2nd, 3rd, 4th, 5th

5 Positions Within a Circle: Tendu, Degage, Attitude, Retire', Coup de Pied (In order)

5 Levels: Plie, Straight Legs, Demi Pointe, Full Pointe, Release/Jump (In order)

Types of Body Movement: Rising, Falling, Turning, Jumping, Turning while jumping, Stretching, Gliding

Barre Elements

Balances (All balances flat and releve)

Plie- To bend

Tendu- To stretch

Degage- To dis-engage

Pique- To prick

Ronds de Jambe- Circle of the leg

Ronds de Jambe Enlaine- Circle of leg in the air

Frappe-To strike

Fendu- To melt

Releve Sousou- Under and over

Sotes- To toss

Changement- To change

Pas de Boure- Step of the tiny steps

Coupe-To cut

Cou de pied- Neck of the foot

Retire- To retire from the floor

Attitude- Lifted leg is slightly bent

Pas de Cheval- Step of the horse

Envelope'- To envelope

Sutenu-A sustained turn

Degage From Releve In first

Develope- To unfold the leg

Grand Battment- Big kick

Fouette-To whip

Detourne- To turn aside

Tombe Coupe Jete- To fall, cut and through out

Releve Passe- To pass through the position of Retire'

Sousous Traveling on Barre-Under and over with the legs

Chasse Traveling on Barre-To chase

Balance' away from Barre-A rocking step away from the barre

Petite Battement-Small beats

Ballonne-Ball like, bouncing step

Echappe-To escape

Glissade-To glide

Promenade-To parade around

Cabriole- A beating motion of the legs forward, back or side

Bourree- Tiny steps

Center Elements

Balances (All balances flat and releve)

Plie- To bend

Tendu- To stretch

Pique- To prick

Degage- To dis-engage

Ronds de Jambe- Circle of the leg

Ronds de Jambe en l'air- Circle leg in the air

Fendu- To melt

Releve Sousou- Under over

Pas de Basque- Step of the Basque people

Chainne Turn- Link steps turning

Waltz Step (regular and turning)

Sote- To toss into the air

Subresso- A sudden jump from both legs to both legs, up & down

Chasse Traveling (regular and turning) To chase

Mazurka- Polish folk dance

Polonaise-Polish folk dance

Czardas- Hungarian folk dance

Polka- Polish folk dance

Sutenu- A sustained turn

Changement-To change

Entrechat Quatre- Beating jump that opens and closes four times

Royal- Beating jump that beats once in front then closes back

Cabriole- Caper

Emboite (regular and turning) Fitted together "Boxed"

Degage From Releve In 1st

Soutenu Traveling

Pas de Cheval- Step of the horse

Envelope- To envelop

Develop- To unfold

Pique Pirouette- Prick and Twirl

Jete- To through

Assamble- To assemble

Sissone- Scissor like step

Temps leve- Elevated movement

Tombe Pas de bourree- To fall and step with tiny steps

Frappe- To strike

Grand Battment-Big kick

Degage From Releve In 4th

Sou Sous Traveling

1/4 Turns

1/2 Turns

Full Turns

Pirouette-To twirl

Double Pirouette

Pencil Turn-Turn with leg straight out in front at 45 degrees

Arabesque Turn-(En Dedans only) Turn with leg extended to back

Balance- To rock

Fouete-(basic) Whipped movement

Detourne- To turn aside

Releve Passe- To pass through the position of Retire

Petite Battment- Small beats

Ballonne- Ball like, bouncing step

Ballotte'- bouncing and kicking step that goes (out)

Echappe-To escape

Glissade-To glide

Promenade- To parade around

Tombe Coupe Shete- To fall, cut, and through out

Tour-Shete- "Jete Entrelace" Interlaced turn while jumping

Positions of the feet:

1st

2nd

3rd

4TH

5TH

Positions of the arms:

(Cecchetti Method)

En Bas

1st

2nd

3rd

4th

5th

Basic Body Positions:

(Cecchetti Method)

Croise

En face

A la seconde

Efface

Ecarte

Directions of the stage:

Center
Stage Right
Stage Left
Down Stage
Up Stage

Stage Marks:

¼, 1/8, Center, Center-Center

Directions:

En Avant

En Arrière

De Côté

En de hors

En de dens

Locations:

Eface

Croise

En face

A la quatrième

Devant

Derrière

A terre

En l'air

De sous

Dessus

Ecarte

Surle coup-de-pied

A la seconde

Expectations For Level Two Dancers

1. Students should demonstrate proper posture and placement.
2. Students should demonstrate an ability to perform all level 1 syllabus and an understanding of the corresponding terminology.
3. Students should be able to perform all required splits with the legs, as well as perform all required positions at 90 degrees.
4. Students should demonstrate a good attitude in class and a desire to learn and apply corrections.
5. Students should maintain proper body proportions in an effort to avoid injury.

*****Please Note: It is typical for students to repeat levels.**