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 Enlaire- 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
Prominade - 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 lair - 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
¼ Turns
½ 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
**Fouette—(basic)** Whipped movement
Detourne—To turn aside
**Releve Passe**—To pass through the position of Retire
**Petite Battlement**—Small beats
Ballonne—Ball like, bouncing step
Ballotte—bouncing and kicking step that goes (out)
Echappe—To escape
**Glissade**—To glide
Prominade—To parade around
**Tombe Coupe Shete**—To fall, cut, and through out
**Tour—Shete**—“Jete Entrelace” Interlaced turn while jumping

**Positions of the feet:**
1<sup>st</sup>
2<sup>nd</sup>
3<sup>rd</sup>
4<sup>th</sup>
5<sup>th</sup>

**Positions of the arms:**
(Cecchetti Method)
En Bas
1<sup>st</sup>
2<sup>nd</sup>
3<sup>rd</sup>
4<sup>th</sup>
5<sup>th</sup>

**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:**
\(\frac{1}{4}, \frac{1}{8}, \text{Center, Center-Center}\)

**Directions:**
En Avant

EnArriere

De Cote

En de hors

En de dens

**Locations:**
Eface

Croise

En face

A la quatrieme

Devant

Derriere

A terre

En l’air

De ssous

Dessus

Ecorte
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.***