

Ballet Syllabus

Level 3/4

Barre Elements

Balances (All 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

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- Caper

Bourree- Tiny steps

Pas de Couru- Pas de bourree that finishes open

Pirouette- To Twirl

Fuete Pirouette- Whipping turn

Tombe Pas de Boure Away

Sutenu Traveling Away

Pique Arabesque Traveling

Serre- Closely packed (Tiny beets at the ankle)

Flick Flack- A turn while striking the floor with the ball of the foot twice.

Fuete Arabesque

Entrechat Quatre- A beating jump that opens and closes 4 times

Entrechat Trois- A "Royal" that ends in coup de pied back

Entrachat Cinq- A beating jump that starts front and ends front after a single beat to the back

Center Elements

Balances

Plie

Tendu

Pique

Degage

Ronds de Jambe

Fendu

Releve Sousou

Pas de Basque

Chainne Turn

Waltz Step

1st Arabesque

2nd Arabesque

3rd Arabesque

4th Arabesque

5th Arabesque

Sote

Subresso

Chasse Traveling

Changema

Mazurka

Sutenu

Changement

Degage From Releve In 1st

Soutenu Traveling

Pas de Cheval

Envelope

Pique Pirouette

Shete

Assamble

Sissone

Temps leve

Develop

Jete

Frappe

Ronds de Jambe en lair

Grand Battment

Degage From Releve In 4th

Sou Sou Traveling

Chasse Traveling

Balance

Fouete

Releve Passe

Sissonne

Petite Battment

Ballonne

Echappe

Glissade
Promenade
Tombe Coupe Shete
Tour-Shete
Brisse
Tendu quiece
Contretemp
Sodesha
Shete Attitude
Attitude Turn
Arabesque Turn
Italian Changema
Pas de Cha
Lame Duck
Fuete Arabesque
Entre Cat
Petite Battment
Jete Battu
Penche
Detourne
Cabriole
Bourree
Pas de Couru
Fuete Pirouette
Pirouette
Tombe Pas de Boure
Sutenu Traveling
Pique Arabesque
Pas de Boure
Serre
Tour en Lair
Brisse Vole
Romberse
Italian Pas de Cha
Allesecond Turn
Fuete Pirouette
Italian Fuete
Entre Chat Trois
Presipite
Shete Battu
Assamble Battu
Ballone
Ballote
Pas de Boure en Tourna
Sote Basque
Pirouette Attitude
Pirouette Alesecond
Pirouette arabesque
Entrechat six
Flic Flac
Fuete Arabesque
En Tire-bouchon

Gargliad
Sissone En Tournant
Switch Leap
Revolutad
Tour-Shete Fuette
Essamble En Tournant
Entrechat Six
Grand Jete

The Five Transitions:

Plie
Straighten
Rise Demi-point
Rise Full Point
Release
(Reverse)

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
Epaule (Shouldered)

7 basic movements of dance:

Plier
Entendre (Tendu)
Elancer
Relever
Tourne
Souter
Glisser

Directions of the stage:

Center
Stage Right
Stage Left
Down Stage
Up stage

Stage marks (locations):

1/4, 1/8, Center, Center-Center

Directions

En Avant:

En Arriere:

De Cote:

En de hors:

En De dens:

Locations

Eface:

Croixe:

En Face:

A la quatrieme:

Devant:

Derriere:

A Terre:

En L'air

De ssous: Under

De ssus: Over

Ecarte:

Surle Cou Pied:

Alle second:

Expectations For Level Four Dancers

1. Students should demonstrate an ability to perform all level 3 syllabuses and an understanding of the corresponding terminology.
2. Students should be able to perform all required splits with the legs, as well as perform all required positions at 90 degrees and above.
3. Students should be able to demonstrate all basic body positions from the Cecchetti Method.
4. Students should be ready to work on point.
5. Students should demonstrate proper coordination of the head and arms while performing steps in combination.
6. Students should demonstrate a good attitude in class and
7. a desire to learn and apply corrections.
8. Students should maintain proper body proportions in an effort to avoid injury.

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