

Ballet II

The following steps must be executed with proper placement and technique in order to move to Ballet III.

- general placement: ribs on top of hips, hips not moving in barre work.
- grand plié facing barre in first and second
- tendu en croix
- dégagé/glissé facing the barre
- rond de jambe in four counts
- full retiré, hips placed
- développé front and side (facing barre)
- grand battement front, side and back (facing barre)
- jumps: changement, soubresaut, échappé sauté, simple sissonne, simple assemble, petite jeté derrière, temp lève
- port de bras: five positions, first and second port de bras
- temp lié
- forward and side gallop with simple arms, polka forward, skip change of step