

## **Ballet V**

***The following steps must be executed with proper placement and technique in order to move to Ballet VI:***

- Barre work should include circle port de bras, penché, petit battement, grand battement and adagio minimum 90 degrees. Arms and heads should be well coordinated with all exercises.
- All pas de bourrées - devant, derrière, dessus, dessous
- double pirouette en dehors and en dedans
- the following steps beaten: changement, échappé sauté, petit jeté, assemblé
- other beats: entrechat trios, entrechat quatre, brisé
- grande sissonne 90 degrees in all directions
- emboîté en tournant
- saut de basque
- tour jeté
- arabesque promenade at 90 degrees
- attitude turn
- pique turn with fouette turn
- pique arabesque 90 degrees with balance