

Ballet IV

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

- Full 45 minute barre including all items from above adding plié in fifth and fourth, battement fondu en croix both on flat and demi pointe, frappé en demi pointe and double frappé, balance in attitude, preparation for fouette turn, rond de jambe en l'aire, grand rond de jambe
- Stretch: should be getting splits or very close
- Center: single and double pirouette with proper arms and spotting, développé en croix
- Transfer of weight with running waltz, three step turn, suspension on one leg
- Jumps: can complete simple enchaînement exercises cleanly closing in fifth position with proper use of arms. Enchaînements should include jeté, coupé, glissade, assemblé and sissonne in any direction.
- Adagio: fondu and developpe at 90 degrees in all directions.
- Pointe Work: bourrées across the room, sous sous, échappé relève, pas de bourrée and picked up pas de bourrée, single pirouette en dehors and en dedans, prep for fouette turn at the barre, piqué, chaînes and pas de basque turns across the room
- Grand Allegro: tombe pas de bourrée glissade grand jeté, sauté arabesque and sauté passé, single tour en l'air
- Waltz and pas de valse, balancé should be natural flowing with arms