

Ballet Class 1

Prepare for each exercise on 7,8

Plies (Howard/Corbin #1)

1. 2 demi, 1 grand, 1 eleve' en croix
2. Passe front foot 8 cts, close back, Sous-sus

Slow Tendus in First (Howard/Corbin #2)

1. ½ -toe, full-toe, ½- toe, close, 3 Tendus, plie stretch
2. 4 Tendus en croix

Fast Tendus in Fifth (Howard/Corbin #3)

1. 4 tendus en croix, 2 en croix, 1 en croix twice
2. 8 tendus a la second close back, 8 close front
3. Repeat 4
4. Passe front foot 8 cts, close back. Sous-sus

Degages in First (Howard/Corbin #4)

1. ½ -toe, full-toe, ½-toe, close, 3 Degages, plie stretch
2. 4 Degages en croix

Degages in Fifth (Howard/Corbin #5)

1. Degage, coupe', fifth, and port de bras en croix
2. 4 Degages en croix
3. Degage, coupe', fifth, and port de bras en croix
4. 2 Degages, 1 Degage en croix, Passe, Sous-sus.

Ronde De Jambe a Terre (Howard/Corbin #6)

1. Preparation side back on 7,8
2. Slow Front, Side, Back, close first 2Xs
3. Fast front, side, back 8Xs finish front
4. Other way
5. 25 degrees front, side, back, close first, other way
6. 90 degrees front, side, back, other way, Passe.

Fondu (Howard/Corbin #8)

Port de Bras (Howard/Corbin #13)