

Ballet III

October

Theme: SMART

Connecting floor barre into center barre

Book: *The Dancer's Way* by Linda Hamilton

Music: Royal Ballet

Adaigo: Building blocks progressing in a logical manner

Water/Snack

Petite allegro: Classical barre discovery of transferring weight to the supporting side.

Kinesiology:

Review scientific method of springing

Dancing on one foot vs two feet engagement properties

Injury prevention:

Jump stages review

Propelling muscles into an extended range of motion

Dynamic stretching

"The more I try to please the worse I get" cooperative learning experiment

Activity:

How do you walk?

Dance history: Ballet in France

Combination:

- 1 Tombé sideways, Cambré, Tombé forward, Twist, Cambré
- 2 Tendu & dégagé side, Temps lié, Balance sur le cou-de-pied, Fondu arabesque
- 3 Demi-rond de jambe, Retiré, Fondu-dégagé, Walk forward and back on half-toe
- 4 Contract & twist in plié, Lunge & stretch

Reverence