

Ballet/Lyrical II

September

Theme: Balanchine ballets

Number: 1... ballet barre neutral spine and complete body alignment

Vocabulary:

Plié

Tondue

Dégagé

Rond de jambe

Coupé

Frappé

“Swan lake”- Petite Allegro

Lyrical:

Static stretching **injury prevention methods**

Turns: holding onto the air

Leaps: Chasé step leap using a complete number 1 with a dégagé and most importantly, smiling as an expression.