



## **Partners for Progress**

Exercises to promote alignment, strength and flexibility through teamwork

[www.abcfordance.com](http://www.abcfordance.com)

[support@abcfordance.com](mailto:support@abcfordance.com)

201-874-5380

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## Special Thanks

Models - Joy Carlson and Ashlei Carlson

Studio – Cresskill Performing Arts – Cresskill, NJ

## Developpé Side - Sidelying

**Equipment** – Padded mat

**Video Clip** – Developpé Side - Sidelying

**Location** – Lying on the side of the body on the padded mat.

**Dance Movement** – Developpé side at the barre

**Goal** – Dissociation of the thigh from the pelvis and developing the strength and mobility to work the leg independently

**Starting Position** – The student doing the movement is lying on their side on the mat. The head is resting on the bottom arm and the top arm is bent and hand on the floor in front of the body. The partner is sitting or kneeling behind the student with their hand on the crest of the student's hip.

### Movement

1. The partner creates gentle pressure on the crest of the student's hip pressing it towards the student's feet to keep the pelvis stacked vertically.
2. The student turns the top leg out and bends the knee raising the leg up to passé.
3. The student opens the passé to attitude side and then continues to extend to the developpé.
4. The student passes the leg through attitude side back to the passé.
5. The student extends the knee and returns the leg to the starting position.
6. Repeat 8 times.
7. Have the students repeat the developpé to the side concentrating on releasing the leg in the hip socket and maintaining a neutral position with their pelvis.
8. **Alternate Exercise** - The student uses the developpé to extend the leg towards the ceiling, but then lowers the leg straight down to the starting position.
9. **Alternate Exercise** – The student starts with both legs laterally rotated. This will increase the challenge to stabilization by reducing the amount of supporting leg contact with the mat throughout the exercise.
10. **Alternate Exercise** – The student executes a battement to bring the leg towards the ceiling and then bends the knee through attitude to passé to bring the leg back down.



Starting position



Passé



Developpé side



Passé



Ending position