



Lesson Eight
Classes 15 & 16

Turnout
Demi Plié
Passé à Terre
Tendu 1st Position Demi Plié
Tendu 5th Position
Tendu Jeté 1st Position
Rond de Jambe
Petit Battement
Frappé
Battement Relevé Lent
Bourrée
Center Work
Traveling en Diagonale

Class Plan 15

Turn In and Out en Croix – Demonstrate 1 side of the exercise with music as the students watch. Talk about the actions of flexing and pointing the ankles as you demonstrate.

Demi Plié - Demonstrate 1 side of the exercise without music as the students watch. Take time to reinforce the transition from 2nd to 4th with 1 hand on the barre. Demonstrate the shifting of the body forward so that the weight is even on both feet and the adjustment that needs to be made with the hand on the barre at the same time.

Passé à Terre – Demonstrate 4 passes through 1st position (2 sets) without music as the students watch. In this lesson, focus on demonstrating the head position and how it changes as the leg moves from front to back.

Tendu from 1st Position With Demi Plié - Demonstrate 1 side of the exercise without music, focusing on the use of head positioning and the distinction between closing with straight legs and in demi plié as the students watch.

Tendu from 5th Position – Demonstrate 1 side of the exercise without music as the students watch. In this lesson, focus on demonstrating the head position for the tendus to the front and back.

Tendu Jeté 1st Position – Demonstrate 1 side of the exercise with music as the students watch. Focus on the quicker, sharper footwork without affecting the upper body.

Rond de Jambe with stops – Demonstrate 1 side of the exercise without music as the students watch.

Petit Battement Sur le cou de pied - Demonstrate 1 side of the exercise without music as the students watch.

Frappé en Croix – Demonstrate 1 side of the exercise without music as the students watch.

Battement Relevé Lent – Demonstrate 1 repetition of the exercise without music as the students watch.

Bourrée in 1st Position – Demonstrate the full exercise with the music as the students watch.

Adagio - Demonstrate 1 full side of the exercise with music as the students watch.

Tendu with Demi Plié from 1st Position – Demonstrate the full exercise without music as the students watch. Focus on the weight changes that are occurring.

Tendu from 5th Position – Demonstrate 1 side of the exercise to the students with music. Focus on the changes in épaulement that occur throughout the exercise. Do the exercise with the students on the 1st side. Have the students do the exercise alone on the 2nd side.

Ballet Walks - Dictate the exercise for the class.

Ballet Runs – Demonstrate 8 counts of ballet runs and verbally cue the class through the exercise.

Turned Out Skipping – Dictate the exercise to the students.

Spotting Exercise – Demonstrate 2 repetitions of the exercise on 1 side. Verbalize the exercise as you do it with the students.

Preparation for Chassé – Demonstrate 2 repetitions of the exercise on 1 side. Verbalize the exercise as you do it with the students.

Class Plan 16

Turn In and Out en Croix – Demonstrate the exercise on 1 side without music as the students watch. Remind the students that the point/flex works through the ankles and feet.

Demi Plié - Demonstrate 1 side of the exercise without music as the students watch. Remind the students of the shifting of the body forward so that the weight is even on both feet and the adjustment that needs to be made with the hand on the barre at the same time.

Passé à Terre – Demonstrate 4 passes through 1st position (2 sets) without music, focus on demonstrating the head position and how it changes.

Tendu from 1st Position with Demi Plié - Demonstrate 1 side of the exercise without music as the students watch. Focus on the use of head positioning and the distinction between closing with straight legs and in demi plié.

Tendu from 5th Position – Demonstrate 1 side of the exercise without music as the students watch. Focus on demonstrating the head position for the tendus to the front and back.

Tendu Jeté 1st Position – Demonstrate 1 side of the exercise without music as the students watch. Focus on the quicker, sharper footwork while maintaining the upper body position.

Rond de Jambe with stops – Demonstrate 1 side of the exercise without music as the students watch.

Petit Battement Sur le cou de pied - Demonstrate 2 repetitions of the exercise without music as the students watch.

Frappé en Croix – Demonstrate 1 side of the exercise without music as the students watch.

Battement Relevé Lent – Demonstrate 1 repetition of the exercise without music as the students watch.

Bourrée in 1st Position – Demonstrate the full exercise without music as the students watch.

Adagio - Demonstrate 1 full side of the exercise without music as the students watch.

Tendu with Demi Plié from 1st Position – Demonstrate the exercise without music as the students watch. Focus on the weight changes that are occurring.

Tendu from 5th Position – Demonstrate 1 side of the exercise to the students without music as the students watch. Focus on the changes in épaulement that occur throughout the exercise.

Ballet Walks – Dictate the exercise to the class.

Ballet Runs – Demonstrate 8 counts of ballet runs and verbally cue the class through the exercise.

Turned Out Skipping – Dictate the exercise to the class.

Spotting Exercise – Demonstrate 2 repetitions of the exercise on 1 side as the students watch.

Preparation for Chassé – Demonstrate 2 repetitions of the exercise on 1 side as the students watch.

New Movements

Flexing the Foot / Ankle

From the tendu position, begin by pulling the toes in the air towards the body, then continuing the movement through the arch and finishing by pressing the heel away as the ankle flexes.

Pointing the Foot / Ankle

From the flexed position, begin by stretching through the ankle, continuing the movement through the arch and finishing by stretching the toes away from the shin back into the tendu position.

Frappé en Croix

The same movement taught in previous lesson is now introduced en croix.

Spotting

Spotting is the term used for the head action that helps to control or alleviate dizziness. It is important that the students understand that spotting involves focus of the eyes on a specific object, not just the head being pointed in a certain direction.

Preparation for Chassé

Chassé means to chase. The second leg is chasing the first leg, at this level that chase occurs on the floor. Both legs demi plié in 1st position, the leading leg slides out to 2nd position, both legs straighten as the 2nd leg closes to the first leg.

Exercise 1 – Turn In and Out en Croix

64 counts per side – 4/4 – approx 1'15" per side

Standing at the barre, 1st position parallel, arms in preparatory position

<u>Ct</u>	<u>Movement</u>
Intro	Lift hands to hold the barre.
1-2	Tendu the right leg to the front
3-4	Maintain the stretched position of the feet and ankle as the leg is turned out from the hip
1-2	Flex the right foot and ankle
3-4	Stretch the right ankle and foot
1-2	Rotate the leg back to parallel alignment
3-4	Close parallel 1 st position
1-2	Demi pli� in parallel 1 st position
3-4	Stretch the legs
1-4 x 4	Repeat the sequence to the side
1-4 x 4	Repeat the sequence to the back
1-4 x 4	Repeat the sequence to the side

Take both hands off of the barre and lower them to preparatory position.
Repeat the combination on the left side.

Teaching Tips

- This exercise introduces flexing and pointing the feet and ankle while maintaining the alignment throughout the rest of the leg.
- Explain to the students that while the foot and ankle are both flexing, the feeling should be one of pointing the heel away from the body. This will help to prevent overworking the toes.
- The goal is to isolate the work of the foot and ankle during the flex / point.
- There should be a feeling of length down both the front and the back of both legs.

Exercise 2 – Demi Plié

64 counts per side – 4/4 – approx 1'15" per side

Standing left side of the body to the barre, with feet in 1st position, arms in preparatory position

Ct	<u>Movement</u>
Intro	Arms lift to first position, left arm opens to the barre, right arm opens to 2 nd
1-4	Demi plié in first position
1-4	Straighten the legs
1-4 x 2	Repeat the plié. Change to 2 nd position on the last 2 counts
1-4 x 4	Repeat the 2 demi plié in 2 nd position and on the last 2 counts, tendu the right foot to the front to 4 th position.
1-4 x 4	Repeat the 2 demi plié in 4 th position and on the last 2 counts, tendu the right foot to the front and close into 5 th position.
1-4 x 4	Repeat the 2 demi plié in 5 th position. Maintain the position of the feet at the conclusion of the exercise.

Lower both hands to preparatory position

Turn to the 2nd side and repeat the exercise

Teaching Tips

- This exercise introduces 4th position with 1 hand on the barre.
- When you demonstrate this exercise, show how the hand needs to move along the barre to allow the body to remain centered over the feet in 4th position.
- Remind the students that their knees need to remain over their toes in 4th position.
- As the students change their weight to 5th position, remind them to adjust their hand to remain in the proper relationship with their bodies.
- Watch for rolling of the feet, especially the back foot in 4th and 5th positions.
- Encourage the students to maintain the line of their arm in 2nd position.

Exercise 3 – Passé à Terre

64 counts per side – 4/4 – approx 1'15" per side

Standing left side of the body to the barre, with feet in 1st position, arms in preparatory position

<u>Ct</u>	<u>Movement</u>
Intro	Arms lift to 1 st position, left arm opens to the barre, right arm opens to 2 nd , at the same time open the head and slightly tilt the head back to look over the right hand
1-4	Tendu the right foot front in a slow but smooth movement, maintaining the head position
1-4	Pass the foot through 1 st position to tendu back, without stopping in first position, change the head alignment
1-4	Pass the foot through 1 st position to tendu front, without stopping in first position, change the head alignment
1-4 x 12	Continue the passing 12 more times (each direction counts as 1 time) –finishing with a tendu to the front
1-4	Close the foot to 1 st position

At the conclusion of the exercise, lower both arms and maintain the position

Repeat the combination on the left side

Teaching Tips

- This exercise introduces the head movements to passé à terre.
- There will be more challenge to maintain the body position with the addition of the head movement.
- Encourage the students to maintain an upright torso position throughout the movement of the head.
- Remind the students that their legs will travel in a straight line to the front and back.

Exercise 4 – Tendu from First with Demi Plié

64 counts per side – 2/4 or 4/4 – approx 1'15" per side

Standing left side of the body to the barre, with feet in 1st position, arms in preparatory position

Ct	<u>Movement</u>
Intro	Arms lift to 1 st position, left arm opens to the barre, right arm opens to 2 nd , at the same time open the head and slightly tilt the head back to look over the right hand
1-2	Tendu the right foot to the front, maintaining the head position throughout
3-4	Close 1 st position
1-4	Repeat
1-2	Repeat the tendu
3-4	Close 1 st position demi plié
1-4	Repeat the tendu closing in demi plié
1-4 x 4	Repeat the combination to the side, change the head focus to straight ahead
1-4 x 4	Repeat the combination to the back, change the head focus as described in tendu from 1 st back
1-4 x 4	Repeat the combination to the side, straightening both legs in 1 st position on the last count, change the head focus to straight ahead

At the conclusion of the exercise, lower both hands from the barre and maintain the position

Repeat the combination on the left side.

Teaching Tips

- This exercise combines tendu from 1st position closing straight and in demi plié.
- The tendus closing in demi plié are now completed in half the number of counts from the previous lesson.
- The students need to be aware of the differences between closing with straight legs and closing in demi plié.
- Explain to the students that they need to shift their weight from 2 feet as they plié and 1 foot as they tendu for every repetition of the exercise.
- Encourage the students to keep their weight on their supporting side during the tendu and to avoid shifting onto the tendu.

Exercise 5 – Tendu from Fifth Position

64 counts per side – 2/4 – approx 1'15" per side

Standing left side of the body to the barre, with feet in 5th position, arms in preparatory position

<u>Ct</u>	<u>Movement</u>
Intro	Arms lift to 1 st position, left arm opens to the barre, right arm opens to 2 nd , at the same time open the head and slightly tilt the head back to look over the right hand
1-2	Tendu the right foot front to the fully stretched tendu position, maintaining the head position
1-2	Return back to 5 th position
1-2 x 6	Repeat 3 more times
1-2 x 8	Execute 4 tendus to the side with the same breakdown of movements. The first tendu will close in front and the second will close in back. The head position is straight front.
1-2 x 8	Execute 4 tendus to the back with the same breakdown of movements. The head position is the same as tendu back from 1 st position.
1-2 x 8	Execute 4 tendus to the side with the same breakdown of movements. The first tendu will close in back. The head position is straight front.

At the conclusion of the exercise, lower both hands from the barre and maintain the position. Repeat the combination on the 2nd side.

Teaching Tips

- This exercise introduces the use of the head position with tendu from 5th.
- Encourage the students to cross their 5th as far as possible without affecting their body alignment.
- Remind the students to maintain straight legs throughout.
- The use of the head will make maintaining the body position more challenging.
- Remind the students that since it is an even number of tendus to the side, the first tendu will close without changing, or close where it came from.
- Encourage the students to maintain their body position, just changing the head alignment for each direction.

Exercise 6 – Tendu Jeté First Position

64 counts per side – 4/4 – approx 1'15" per side

Standing facing the barre with feet in 1st position and arms in preparatory position

<u>Ct</u>	<u>Movement</u>
Intro	Arms lift to hold the barre
1-2	Tendu jeté the foot to the front
3-4	Close the foot to 1 st position
1-4 x 3	Repeat 3 more tendu jeté to the front
1-4 x 4	Repeat the combination to the side
1-4 x 4	Repeat the combination to the back
1-4 x 4	Repeat the combination to the side

At the conclusion of the exercise, lower both hands and maintain the position

Repeat the exercise on the left side

Teaching Tips

- This exercise decreases the number of counts used for each tendu jeté.
- The movement of the gesture leg should be sharp and strong.
- The use of 2 hands on the barre allows them to use the barre to help stabilize them against the sharper movements.
- Explain to the students that their legs will reach the position and freeze, just like someone is taking a picture of the tendu jeté position.

Exercise 7 – Rond de Jambe with Stops

64 counts per side – 4/4 – approx 1"15" per side

Standing left side of the body to the barre, with feet in 1st position, arms in preparatory position

<u>Ct</u>	<u>Movement</u>
Intro	Arms lift to 1 st position, left arm opens to the barre, right arm opens to 2 nd
1-2	Tendu the right foot front
3-4	Maintain the leg and ankle position and open the leg to the side
1-2	Carry the leg to the back
3-4	Close in 1 st position
1-4 x 6	Repeat 3 more
1-4 x 8	Repeat 4 rond de jambe with the same breakdown en dedans

At the conclusion of the exercise, lower both hands and maintain the position

Repeat the combination on the left side

Teaching Tips

- This is the same exercise as the previous lesson, encourage the students to work on lengthening their gesture legs away from their bodies and maintaining the position of their torsos.
- Encourage the students to maintain their weight on their supporting leg.
- Remind the students that their feet will pass through 1st position on every rond de jambe.
- Remind the students to keep their weight out of the gesture leg, especially on the pause in each position.

Exercise 8 – Petit Battement Sur le cou de pied

64 counts – 2/4- approx 1'

Standing facing the barre, with feet in 5th position

Ct	Movement
Intro	2 hands hold the barre, tendu the right foot to the side
1-2	Lift foot to sur le cou de pied front
1-2	Open the foot slightly to the side
1-2	Place the foot sur le cou de pied back
1-2	Open the foot slightly to the side
1-2 x 11	Repeat 6 more changes, finishing in sur le cou de pied back
1-2	Place the foot in fifth position back and tendu the left foot to the side
1-2 x 16	Repeat the combination on the left side

At the conclusion of both sides of the exercise, lower both hands from the barre and maintain the position.

Teaching Tips

- This exercise is the same as in the previous lesson. Encourage the students to remain pulled up throughout the exercise.
- Remind the students that their foot will retain the same shape throughout the exercise.
- Remind the students that the movement is created by slightly extending the gesture knee, not by changing the foot or thigh.
- Encourage the students to actively maintain their turnout during this exercise.
- The gesture leg needs to actively pull up to maintain the position of the thigh throughout the exercise.
- Remind the students that the leg opens only wide enough for the foot to be able to come into the new position.

Exercise 9 – Frappé en Croix

64 counts per side – 2/4 - approx 1'15" per side

Standing facing the barre, with feet in 1st position

Ct	Movement
Intro	2 hands hold the barre – right foot tendu to the side
1-2	Sur le cou de pied to the front
1-2	Maintain the position
1-2	Extend the leg to the front maintaining the shape of the foot
1-2	Maintain the position.
1-2 x 4	Repeat
1-2 x 8	Repeat the combination to the side, first closing into sur le cou de pied front, and then back.
1-2 x 8	Repeat the combination to the back
1-2 x 8	Repeat the combination to the side, first closing into sur le cou de pied back and then front.

At the conclusion of the exercise, lower both hands from the barre and maintain the position.

Repeat with the left leg

Teaching Tips

- The frappé is now being done en croix.
- The working foot does not brush into the frappé, instead the goal is to maintain the shape of the sur le cou de pied on the way out and in.
- It will be more challenging for the students to maintain the shape of their feet to the front then side or back.
- Encourage the students to maintain the turnout in both legs in both directions.
- Explain to the students that no weight is put on the gesture foot in any direction
- Watch for changes in turnout and in the shape of the feet.

Exercise 10 – Battement Relevé Lent Side

64 counts per side – 4/4 - approx 1'15" per side

Standing facing the barre, with feet in 1st position

<u>Ct</u>	<u>Movement</u>
Intro	2 hands hold the barre
1-4	Tendu the foot to the side and continue to extend the leg until the foot leaves the floor and is approximately knee height
1-4	Maintain the position
1-4	Lower the foot to tendu and close back to 1 st position
1-4	Maintain the position.
1-4 x 12	Repeat the exercise 3 more times on the right leg

At the conclusion of the exercise, lower both hands from the barre and maintain the position.

Complete the exercise on the left side

Teaching Tips

- This exercise doubles the number of repetitions done in the previous lesson.
- Remind the students to continue to lengthen the toes away from the body, especially during the 4 count hold.
- Remind the students that their supporting and gesture legs need to maintain their turnout.
- Encourage the students to remain pulled up throughout the exercise and to grow even taller as they hold in 1st position.
- Remind the students to stack their torso over their hips while the gesture leg is extending away from them.
- Remind the students that their leg is to travel to their natural side, which for most students will be on a slight to moderate diagonal front.

Exercise 11 – Bourrée in First

64 counts – 2/4 - approx 45 seconds

Standing facing the barre, with feet in 1st position

<u>Ct</u>	<u>Movement</u>
Intro	2 hands hold the barre, elev� in 1 st position
1	Take a small step to the right side with the right foot
And	Close the left foot to the right in 1 st position on elev�
2 and	repeat
1-2 x 7	Repeat 14 more times to the right and lower the heels to 1 st position on the last count
1-4	Round the upper body forward
1-4	Return to standing upright
1-4 x 2	Cambr� back and recover
1-2 x 8	Repeat 16 bourr�e traveling to the left
1-4 x 2	Extend the right arm out to the side and stretch up and over to the left side and return
1-4 x 2	Repeat on the left side

At the conclusion of the exercise, lower the heels into 1st position and lower both hands from the barre and maintain the position.

Teaching Tips

- The counts for the bending of the body are faster than they have been in previous exercises so the range of motion will be smaller.
- Remind the students to pick up their feet, not to drag the 2nd foot to the 1st.
- Remind the students that they need to maintain their positioning relative to the barre throughout the movement.
- Depending on the size of the class relative to barre space, this exercise might need to occur in 2 groups.
- Remind the students to maintain their turnout on both legs throughout the exercise.
- The students lower their heels for both parts of bending the body.

Exercise 12 – Adagio

64 counts per side – 4/4 - approx 1'30" per side

Standing center, facing point #1 with feet in 1st position, arms in preparatory position

Ct	<u>Movement</u>
Intro	Lift arms to 1 st position
1-2	Demi plié in 1 st position
3-4	Stretch legs
1-2	Elevé in 1 st position
3-4	Lower and open to 2 nd position.
1-4 x 2	Repeat the combination in 2 nd position, closing 5 th position right foot front on the last count, arms are lifting to 3 rd position and turning the body to corner #8 at the same time. Turn the head to the right side, looking past the right elbow.
1-4 x 2	Repeat the combination in 5 th position. Open the arms to 2 nd position and lower to preparatory position on the last two counts, following the right hand with the head.
1-4 x 2	Execute first port de bras, allowing 2 counts per arm position.
1-4 x 2	Reverse the direction of the port de bras.
1-4	Tendu the right foot front and raise the arms through 1 st position to croisé devant right – large pose
1-2	Maintain the position of croisé devant right – large pose
3-4	Close the right foot to 5 th position front, at the same time lowering the arms through 2 nd position to preparatory position
1-4	Tendu the left leg back and raise the arms through 1 st position to croisé derrière left – large pose
1-2	Maintain the position of croisé derrière left
3-4	Close the left foot to 1 st position, at the same time lowering the arms through 2 nd position to preparatory position
1-4	Tendu the right foot to 1 st arabesque, at the same time extending the arms into the 1 st arabesque position
1-4	Maintain the first arabesque tendu position

Repeat on the left side

Teaching Tips

- This exercise introduces elevé in the center.
- Remind the students to press into the floor as they elevé to help them ground themselves better.
- Encourage the students to use all of their counts with the music.

Exercise 13 – Tendu with Demi Plié en Croix First Position

64 counts – 4/4 – approx 1'15"

Standing in the center, with feet in 1st position and arms in preparatory position

<u>Ct</u>	<u>Movement</u>
Intro	Lift both arms to 1 st position and open them to 2 nd position.
1-4	Tendu the right foot to the front.
1-4	Close the leg into 1 st position demi plié
1-4 x 2	Repeat the movements above with the left leg
1-4 x 4	Repeat to the side
1-4 x 4	Repeat to the back
1-4 x 4	Repeat to the side

At the conclusion of the exercise, lower both hands to preparatory position.

Teaching Tips

- This exercise alternates between the right and left sides to challenge the students' ability to weight shift.
- Explain to the students that their weight needs to center on 2 feet during the plié and then will change to the new supporting side on the tendu.
- Remind the students to maintain their arm position in 2nd.
- Complete the exercise en face so that the students have a better reference point for their weight shifts.
- Encourage the students to test their tendu leg to make sure there is no weight being put into that foot to aid with balance.

Exercise 14 – Tendu from Fifth Position en Croix

64 counts per side – 4/4 – approx 1'15" per side

Standing in the center, facing point 8, with feet in 5th position and arms in preparatory position

Ct	<u>Movement</u>
Intro	Lift both arms to 1 st position and open them to 2 nd position, take the head focus over the right hand.
1-2	Tendu the right foot to the front.
3-4	Close the foot to 5 th position
1-4 x 3	Repeat 3 more tendu front
1-4 x 4	Complete 4 tendu to the side, same count break down as above, changing the body position to a la seconde on the first tendu.
1-4 x 4	Complete 4 tendu to the back, same count break down as above, changing the body position to face point 2 on the first tendu
1-4 x 4	Repeat the combination to the side as broken down above

At the conclusion of the exercise, lower both hands to preparatory position.

Repeat the exercise with the left leg

Teaching Tips

- This exercise introduces tendu en croix in 5th position in the center of the room.
- This exercise introduces the idea of using épaulement with the tendu.
- The épaulement for this exercise is croisé.
- The arms remain in 2nd position for all of the tendu.
- When changing body alignment in the room, it is important that the heel lifts to allow the foot to change alignment.

Exercise 15 – Ballet Walks

Use a piece of classical music with a moderate beat and a smooth feel

Travel from Point 6 to Point 2

Travel from Point 4 to Point 8

Execute ballet walks as dictated by the tempo of the music chosen

Teaching Tips

- The arms are held in demi second for females and second for males
- Have the students work on the walks in groups of 3 or 4
- Have the students wait 8 counts in between each group that goes.
- Encourage the students to travel without bouncing.
- If you have gentleman in your class, use slower, stronger music for them and encourage a more powerful stance and stride

Exercise 16 – Ballet Runs

2/4 approx 1'30" for 128 cts

Begin at Point 6 and run as a group to Point 2.

Begin at Point 4 and run as a group to Point 8.

Teaching Tips

- Remind the students of the key points of ballet runs.
- Divide the students into groups of 3 or 4 and have them travel as a group.
- Have the second group begin after 8 counts.
- Remind the students that there should be no bouncing as they travel across the floor.
- If there are gentlemen in your class, have them travel to stronger music.

Exercise 17 – Turned Out Skipping

2/4 approx 1'30" for 128 cts

Begin at Point 6 and skip to Point 2.

Begin at Point 4 and skip to Point 8.

Begin at Point 8 and skip to Point 4

Begin at Point 2 and skip to Point 6

Execute turned out skips traveling forwards for the first 2 diagonals

Execute turned out skips traveling backwards for the second 2 diagonals

Teaching Tips

- Break the students into groups of 3 or 4 for this exercise.
- Have each group begin 8 counts after the previous group.
- Hold the arms in a position halfway between 2nd and preparatory position (called demi seconde in some styles).
- Encourage the students to strive for height and a sense of ballon or suspension in the air.
- Remind the students to keep the retiré position needs to be an active and turned out.
- Remind the students that both the foot stepping on the ground and hopping and the foot lifting are turned out.

Exercise 18 – Spotting

No music so that the students can clearly hear your directions

Have the students spread out across the room, feet in 1st position, hands on their hips

Ask the students to look into the mirror at their own eyes.

Have them walk in a circle in place for 8 counts continuing to look into their own eyes for as long as possible and then snapping the head around to find their own eyes again before the rest of their body returns to face the mirrors.

Repeat 3 more times in this direction

Repeat 4 times in the opposite direction

Teaching Tips

- Explain to the students that they need to focus their eyes on their eyes in the mirror.
- Explain the purpose of spotting.
- While the term snapping is used in regards to the head movement, it is very important that the students realize the movement is controlled.
- Keep the pace slow to moderate.
- If needed, take a short break between the two directions

Exercise 19 – Preparation for Chassé*64 counts – 4/4 – approx 1'15"*Standing in the center, feet in 1st position, hands on the hips

<u>Ct</u>	<u>Movement</u>
Intro	Maintain the position.
1-2	Demi plié in 1 st position.
3-4	Push the right foot open into 2 nd position, while maintaining the plié
1-2	Straighten both legs, drawing the left leg to the right leg
3-4	Maintain the position
1-4 x 6	Repeat 3 more times to the right
1-4 x 8	Repeat 4 times to the left.

At the conclusion of the exercise, lower both hands to preparatory position.

Teaching Tips

- This exercise introduces the movement idea of chassé without jumping.
- Remind the students that their weight needs to be centered in the demi plié in 2nd position.
- Explain to the students that the inner thighs draw together as the legs straighten.
- Both legs remain turned out throughout the exercise.
- During both the plié and straightening actions the torso and pelvis remain stacked over each other.