

## the dance studio at EveryBody Fits

### Beginning Ballet (ages 8+)

*\*\*Students must be able to master physically as well as understand and spell terminology before moving to Intermediate Ballet\*\**

- 5 positions of the feet and arms
- Plie (grand and demi)
- Releve
- Tendu
- Degage
- Ron de jambe
- Coupe
- Passe
- Combre
- Sous-Sos
- Pique
- Grande Battement
- Turn Prep
- Pirouette (½ Turn)
- Glissade
- Chasse
- Passe Walks
- Pa de bourree
- Pa de chat
- Grand and petite jetes
- Chaine
- Balance
- Triplet
- Changement
- Sauté
- Echappe (from 1<sup>st</sup> and 5<sup>th</sup>)
- Sauté Arabesque
- Tombe
- Port de bras
- Developpe
- Reverance



*All curriculums are used as a guide. Classes are ultimately structured to the general level of the students.*

## **the dance studio at EveryBody Fits**

*All curriculums are used as a guide. Classes are ultimately structured to the general level of the students.*