

the dance studio at EveryBody Fits

Intermediate/Advanced Ballet (ages 8+)

Students must be able to master Beginning Ballet curriculum before being placed into this class.

- Pique Turns
- Emboite
- Soutenu
- Soubresaut
- Ron De Jambe en l'air
- Pas de Chavel
- Pirouette turns from 5th and 4th (outside and inside - single)
- Assemble
- Arabesque at 90 degrees
- Attitude hold, intro to turns
- Penche
- Intro into 8 body positions
- Cabriole
- Fouette Turns Intro
- Sodabasque
- Promenade
- Cou-de-pied
- Reverance
- Fondu
- Directions on the stage (upstage, downstage, stage right, stage left, upstage right, upstage left, downstage right, and downstage left)
- Positions of the body

