

DANCE LEVEL 1



Summary

Part I : at the barre

- 1 a / Feet positions (1st to 5th) with Right foot
- 1 b / Feet positions (1st to 5th) with Left foot
- 2 a / Arm positions (1st to 6th) with Right arm
- 2 b / Arm positions (1st to 6th) with Left arm
- 3 a / Tendus Dégagés (1st position) with Right foot
- 3 b / Tendus Dégagés (1st position) with Left foot
- 4 a / Battements Tendus (3rd position) with Right foot (petit/low)
- 4 b / Battements Tendus (3rd position) with Left foot (petit/low)
- 5 a / Demi pliés in 1st position parallel
- 5 b / Demi pliés in 1st position
- 5 c / Demi pliés in 2nd position
- 6 / Relevé in 3rd position
- 7 a / Retirés (1st position parallel) with Right leg
- 7 b / Retirés (1st position parallel) with Left leg

Part II : in the center

- 8 a / Chassés (to the front) with Right leg
- 8 b / Chassés (to the front) with Left leg
- 9 a / Chassés (to the side) with Right leg
- 9 b / Chassés (to the side) with Left leg
- 10 / Glissade with Right leg and Left leg
- 11 a / Déboulé to the right
- 11 b / Déboulé to the left
- 12 a / Lunge to the front with Right leg
- 12 b / Lunge to the front with Left leg
- 13 a / Lunge to the side with Right leg
- 13 b / Lunge to the side with Left leg
- 14 / Twirling Spin to the Left
- 15 / Twirling Spin to the Right