

OPAL BALLET SYLLABUS

Opening reverence

The Basic stance in first position

Eyes forward
Heels together

Seat down
Center in

Body long
Legs Straight

Shoulders Relaxed

Barre

Grand plié - 2 Demi pliés, 1 grand plié in 1st, 2nd, 4th & 5th positions (1st Position should also be done in center)

Tendu en croix - from fifth position (should also be done in center)

Degagé en croix - from 5th position (should also be done in center)

Cou de Pied – 8 times from 5th position changing 5th position each time

Rond de Jambe par terre – En dehors & en dedans (should also be done in center)

Fondu en croix to 45° (should also be done in center)

Passé -facing the barre 2 times on flat & 2 times with élevé – changes 5th each time (should also be done in center)

Double Frappé en croix

Développé en croix

Grand battement en croix (should also be done in center)

Relevé lent at 45 degrees en croix (should also be done in center)

½ Detourner (should also be done in the center)

Center

Tendu -from 5th position: croisé, en face and effacé with small pose

Balancé – 4 times

Temp Levés - 8 Temp levés in first position, 7 temp levés in second position, end in 1st position

Échappé & Changement – from 5th position: 4 Échappés & 8 Changements

Glissade – 4 times changing fifth each time, traveling in one direction

Jeté

Sissone de côté – 4 times

Ballet walks and runs

Chaînes déboules

Pas de basque – in stage form (leap ball change)

Reverence