The teaching of this course is based on the Vaganova Ballet Curriculum.

We will start the course with two hands facing the barre.

Our feet will be working in 1st, 2nd,4th, and 5th positions and practicing the arms in 1st, 2nd, and 3rd positions.

Each week I will be introducing new steps and after the barre, we’ll continue working on center followed by small jumps and stretching on the floor.

In each lesson, we will concentrate on stretching to improve flexibility, coordination, musicality, and choreography.

Also, we’ll be learning pirouette en dehors from 5th and 4th positions as well pique turn en dedans.

Here are the steps that we’ll be learning during the course:

- Demi plié and Grand plié

(In I., II., IV., and V., positions )

- Battement tendu

- Battement tendu degaje en croix ( then with piqué)

- Rond de jambe par térre

- Fondu en croix à terre, off the floor

- Soutenu en tournant with half turn en dehors

- Adagio; developpé passé

- Grand battement

- Relevé (I., II., V. positions)

-Port de bras

-Saute in 1st position

-Changement de pied

-Echappé

-Pas Balancé