



## **BEGINNERS / CLASS BALLET**

**DEMI PLIES** Feet in 1<sup>st</sup> Position, holding skirt.  
Bend legs pushing knees out to the side, keeping head up and back straight.

**RISES** Feet parallel. Holding skirt.  
Place feet together and rise up on to balls of the feet, keeping ankles together and lower heels back on to the floor. Look straight ahead and keep back straight,

**STRETCHING EXERCISE.** Feet in 1<sup>st</sup> position, holding skirt.  
Slide right foot to the front and point foot in front of the tummy three times, then slide foot back into the 1<sup>st</sup> position.  
Repeat this with the left foot.

**LEG RAISING** Feet in 1<sup>st</sup> position, holding skirt.  
Slide right foot to the front and point foot in front of the tummy, lift leg just off the floor  
Point foot back on to the floor and slide it back into the 1<sup>st</sup> position. (keep both legs straight all the time)  
Repeat all with the left foot.

**ARM EXERCISE.**  
Stand in 1<sup>st</sup> position with hands placed together in front of body.  
Place hands to right side of face, then down in front of body.  
Place hands to left side of face, then down in front of body.  
Place hands to right side of face, then down in front of body  
Place hands to left side of face, then down in front of body.  
Lift both arms up and make arm waves to the side four times.  
Take both arms down in front of body, up in front of tummy,  
Up above the head, then open arms into a V looking at the right hand.

**ARM EXERCISE WITH MIME.**  
Looking For The Bird

**MUSIC SECTION**  
**Clapping and marching 4/4 Rhythm** - 4 Claps. 4 Marches on the spot.

**Clapping 3/4 Rhythm** - Clap the first beat of the bar, miss the second and third.

### **CIRCLE WORK;**

*Walks round the room with pointed feet*

*Walks on the demi point (balls of the feet)*

*Skipping round the room holding skirt and pointing feet.*

*Pony trots, holding reins and knees up in front of body, point toes.*

**GALOP STEPS SIDWAYS**  
Holding hands with partner travelling diagonally across room.

**RUNNING ON THE TOES**  
Diagonally across the room with use of imaginative ideas.

### **DANCE**

CURTSEY OR BOW.