

Grade 1

Feet 1st
Parallel 1st
Natural 1st
Second

Arms Bras Bas
1st
2nd
Demi 2nd
3rd
5th
Open 5th
Basic Ports de Bras



Degage Devant and 2nd
Demi Plie in 1st and 2nd
Transfer of weight – through plie in 2nd and over the bridge
Classical Walks

Allegro

Sauté in 1st
Petit Jete derriere
Spring Point
Galops Forwards and Sideways
Extended Spring
Hop in Parallel Retire
Parallel Assemble de cote



Character – Russian (Hands on waist fists clenched)

Walks and degage on heel
Step Stamp, step stamp stamp
Sapogi Step
Jump Spring Spring

Vocabulary

Assemble (a-sahm-blay)

De Cote (du-koh-tay)

Demi (du-mee)

Degage (day-ga-zhay)

Derriere (der-yer)

Devant (du-vahn)

Jete (zhu-tay)

Petit (p'tee)

Petit Jete

Plie (plee-yay)

Ports de Bras (por du bra)

GATHERED/BRING TOGETHER

TRAVEL SIDEWAYS

HALF

TO FREE/OPEN POSITION OF THE LEG

BEHIND/AT THE BACK

IN FRONT

TO THROW/A JUMP TAKING OFF FROM ONE LEG LANDING ON THE OTHER

SMALL/LITTLE

LITTLE JUMP

BEND

CARRIAGE OF THE ARMS

