

Grade 5

Feet - 4th Position

Full Plie in 5th

Forward Bend

Balance in 1st and 2nd

Transfer of weight to degage en fondu in all directions

Demi Detourne

Pivots from degage derriere to degage devant (Rotation)

Developpe Derriere

Croise Devant

Courus en tournant

Assemble Sountenu with $\frac{1}{4}$ turn

Battement Frappe to degage in 2nd

Extended Chasse en avant into pas de bouree dessous (under)

Coupe into extended chasse en avant pas de bouree dessous (under)

Single Pirouette en dedans (no fouetté)

1st Arabesque en l'air

Off Balance and Counter-Balance poses with one leg in a raised or closed position

Skimming Rond de Jambe a terre en dedans with full turn

Glissade dessous (under)

Releve in Parallel Retire by half turn

Single Pirouette en dehors from 4th

Multiple Pirouette en dehors in parallel

Allegro

Sissones de cote ferme dessous (under)

Jetes ordinaire devant

Grands Pas de Chat

Sissones ordinaire passe devant

Pas de valse en avant and en arriere with petit developpe action

Galop de cote en tournant

Pas de Bouree dessous (under) en tournant

Assemble en avant to parallel 1st

Jete Ordinaire derriere with half turn

Jete Ordinaire in Parallel retire with half turn

Turning Assemble in parallel 1st

Character – Polish Court Style (hands on waist with clenched fists)

Polish Pas Marche en avant and en arriere

Holubetz

Polish Mazurka steps



Vocabulary

Croise

Courus

En Tournant

Frappe

Rotation

Soutenus

CROSSED

RUNNING STEPS/SERIES OF VERY SMALL STEPS

PERFORM WHILST TURNING

TO STRIKE

TURN OF THE BODY TOWARD THE WORKING LEG

SUSTAINED

