

Ballet I

The following steps must be executed with proper placement and technique in order to move to Ballet II:

- demi plié in first second and third
- tendu devant and a la second
- demi retiré parallel and turned out
- spring points
- sauté in first and second
- the five basic positions of the arms memorized
- ballet walks, skips and runs
- forward and side gallop
- forward polka
- start skip change of step turning