

Ballet III

The following steps must be executed with proper placement and technique in order to move to Ballet IVA. Placement of hips and ribs must also be completed at this level.

- Full 45 minute barre including: demi and grand plie with forward port de bras, tendu and dégagé en croix from third, rond de jambe in two counts, frappé en croix, develop en croix, grand battement en croix, demi pointe work at barre on two feet and one foot (pirouette position). All barre work should have port de bras coordinated with heads movement.
- demi pointe: on two feet in center, sous sous, échappé relèvé
- port de bras: five positions, first, second and third ported bras
- adagio: développé in center, temp lie with port de bras
- jumps: (all ballet II jumps) assemblé, glissade, pas de chat
- traveling steps: Transfer of weight with running waltz step, forward and side gallop, polka forward, skip change of step turning. All traveling steps must have port de bras.