

Book - Twinkle Bear Goes to Ballet Class - Breakdown (Twinkle Stars)

#1 - Plie:

- Feet in 1st/Arms holding bear in 1st: 8 demi plies (1ct plie, 1ct stretch)
 - 7 degage swings side to side (swinging bear up to high "V") – 2cts to swing to each side
 - 2cts – step to 2nd (the distance between the feet should be one foot apart)
 - Feet in 2nd/Arms holding bear in 1st: 4 Demi plies in 2nd (1ct down, c stretch)
 - 3 Degage Swings (2cts to swing to each side), Return to 1st (2cts)
 - 4 Demi Plies
 - "Then you must take a pretty pose" – arms to 3rd
 - "Then you go up on your toes" - releve
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#2 - Releve:

- In 1st – holding bear in 1st – 6 plie releves (plie 1, releve 2), tendu to 2nd
 - In 2nd – holding bear in 1st – 6 plie releves (plie 1, releve 2), tendu closing 1st
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#3 - Tip Toe:

- Prep: Plie – releve
 - 16cts – 14 Slow walks on demi pointe holding bear in 1st, Lower into 1st position
 - 4 Degage swings (2cts to each side)
 - 4 cts – Turn on demi pointe - arms holding bear in 1st
 - 4cts – (2cts) Plie/arms holding bear in 1st, (2cts) releve/arms holding bear in 3rd
 - 16cts – 14 cts - Double-time walks on demi-pointe/keeping bear in 3rd, Lower in 1st/hold bear in 1st (2cts)
 - 4 Degage swings (2cts to each side)
 - 4cts – Turn on demi pointe – arms holding bear in 1st
 - 4cts – Lower to Knee and look at bear
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#4 - Chasse:

- Prep – pointe right foot in front (alternate and do left every other class)
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#5 - Jumps: Holding Bear in 1st

- 6x: Plie (1), Jump (2), Tendu 2nd (2cts)
 - 6x: Plie (1), Jump (2), Tendu 1st (2cts)
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#6 - Jumps: Holding Bear in 1st

- 6x: Plie (1), Jump (2), Tendu 2nd (2cts)
- 6x: Plie (1), Jump (2), Tendu 1st (2cts)