

# CLASS OPENING BALLET 1A: REVERENCE, WARM-UP, BASIC PORT DE BRAS

## REVERENCE (Ballet 1A) - "Girl's Curtsey" (Guy Dearden)

Begin in 1st Position/Hands on hips

**4cts** Step to side with right (1), Place left foot in attitude a terre beginning position (2), Plie (3), Stretch (4)

**4cts** Repeat the above to the left

## WARM-UP - "Drum & Bugle Corps 2/4" (Kimbo Children's Music)

**Counts:** Exercise Details:

Pivot to face wall on beginning of exercise (dancers should move as a group, circling the room)

**16cts** 8 Brush Steps (turned out) (& - brush foot front, 1 - step on foot)

**16cts** 8 Marches (& - Lift/crease in the hip, 1 - set foot down)

**16cts** 16 Walks on demi-pointe (2 for each count - &1)

**16cts** 8 Jumps landing on one foot, bringing the other to sur le cou de pied derrier

**16cts** 12 Marches (turning in a circle), Land in 1st/hold (4cts)

**16cts** 8 Brush Steps (turned out) (& - brush foot front, 1 - step on foot)

**16cts** 8 Marches (& - Lift/crease in the hip, 1 - set foot down)

**16cts** 16 Walks on demi-pointe (2 for each count - &1)

**16cts** 8 Jumps landing on one foot, bringing the other to sur le cou de pied derrier

## BASIC PORT DE BRAS - "I See the Light" (Disney's "Tangled" Soundtrack)

**Counts:** Exercise Details:

**With start of the music, walk to the centre and settle in 1st position facing the barre**

**32cts** 2x - 1st port de bras (2cts to the position, 2cts hold the position)

**12cts** 3 Degage side w/port de bras (R, L, R)

**4cts** Plie/arms to Preparatory (1,2), Stretch straight/arms to 3rd (3,4)

**8cts** 4cts - Open arms to 2nd, 4cts - Lower arms to Preparatory

**8cts** 1/2 Port de bras (2cts to each position)

Walk to places at the barre & settle in 1st