

INTERMEDIATE

BALLET SYLLABUS

**THE BALLET SYLLABUS WAS ORIGINALLY DEvised FOR THE
BRITISH BALLET ORGANIZATION IN 1988 BY
ANNE HEATON FIELD AND JOHN FIELD**

REVISED 2002 BY BRENDA LAST

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BARRE

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INTERMEDIATE BALLET (FEMALE)

BARRE EXERCISE 1 Plié

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 counts)	Commence in 5 th position R. ft. front Tendu R. ft. to 2 nd Place into 1 st	Bras Bas 1 st to 2 nd Lower to Bras Bas	Erect Complements the arm
1	Demi-plié	Demi 2 nd	
2	Stretch	Bras Bas	
3	Demi-plié	1 st	
4	Stretch	2 nd	
5-8	Full plié in 1 st	Bras Bas 1 st to 2 nd	
1-4	Port de Bras forward and recover	Bras Bas 1 st to 5 th	
5	Rise onto ¾ point	5 th	
6	Lower heels		
7	Tendu 2 nd	2 nd	
8	Lower heel in 2 nd	Bras Bas	
1-8 1-8	Repeat in 2 nd position. Demi-Rond de Jambe to 4 th position	As above	
1-8 1-8	Repeat in 4 th position	As above	
1-8 1-4	Repeat in 5 th position	As above	
5	Rise, drawing front ft. across into 5 th - ¾ pointe		
6-7	Balance in 5 th	Full Port de Bras with working arm to 5 th . Join barre arm	
8	Lower into 5 th	Open through 2 nd to Bras Bas	

N.B. Port de Bras varies in each position. 1st – Full Port de Bras forward, 2nd - top of back, 4th – away from barre, 5th – towards barre.

INTERMEDIATE BALLET (FEMALE)

BARRE

EXERCISE 2

BATTEMENT TENDU

COUNTS	STEPS	ARMS	HEAD
MUSIC 4/4 Introduction (4 counts)	Commence in 5 th position R. ft. front Hold position	Bras Bas 1 st to 2 nd	Erect Towards 4 th ouverte alignment
1	Tendu devant		
2	Lower heel	Arm remains in 2 nd	Remains in 4 th ouverte alignment
3	Tendu		
4	Close 5 th on Demi-plié		
5	Tendu devant en fondu		
6	Stretch supporting leg		
7	Close 5 th		
+	Tendu devant		
8	Close 5 th	Lower to Bras Bas	
1-8	Repeat derrière (with inside leg)	Arabesque	Complements the arm
1-8	Repeat to 2 nd	2 nd Bras Bas	
1	Tendu to 2 nd	1 st to	
2	Flex the ft.	2 nd	
3	Tendu 2 nd		
4	Lower the heel		
5	Rise to ¾ pointe		
6	Lower		
7	Tendu 2 nd		
8	Close 5 th derrière	Bras Bas	
1-8 1-8 1-8 1-8	Repeat en dedans commencing with outside leg derrière, inside leg devant	As above	As above

NB. Working ft. to close alternately throughout exercise.

INTERMEDIATE BALLET (FEMALE)

BARRE EXERCISE 3 BATTEMENT GLISSÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 6/8 Introduction (2 counts)	Commence in 5 th position R. ft. front Hold position	Bras Bas 1 st to 2 nd	Erect Towards 4 th ouverte alignment
+1-4	4 Battement glissé devant		
+5-8	4 Battement glissé derrière (with back ft.)		
+1-4	4 Battement glissé in 2 nd alternately (back front back front)		Erect
+5-7	3 low Retiré passé closing 5 th in Demi- plié (count 7)	Bras Bas	Towards 4 th ouverte alignment
+8	Stretch knees	1 st to 2 nd	
1-8 1-8	Repeat commencing outside leg derrière, inside leg devant	As above	As above

INTERMEDIATE BALLET (FEMALE)

BARRE

EXERCISE 4

ROND DE JAMBE À TERRE

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 counts)	Commence in 5 th position R. ft. front Hold position	Bras Bas Demi 2 nd Bras Bas	Erect Follow arm
1	Tendu devant en fondu	1 st	Complements the arm
2	Demi-Rond de Jambe to 2 nd , (straighten supporting leg)	2 nd	
+ 3-4	2 Rond de Jambe à Terre en dehors		
+ 5	Through 1 st to Tendu devant en fondu	Bras Bas, 1 st	
6	To 2 nd (straighten supporting leg)	2 nd	
7	Port de Bras towards barre	5 th over barre	Look towards barre
8	Recover	Open to 2 nd	Erect
1-4	4 Rond de Jambe en dehors		
+ 5	Through 1 st to Tendu devant and lift to Glissé height	Bras Bas, 1 st	
6-7	Carry en ronde	2 nd	
8	Close 5 th derrière	Bras Bas	
1-8 1-8	Repeat en dedans	As above	As above

N.B. Glissé height is just off the floor.

INTERMEDIATE BALLET (FEMALE)

BARRE EXERCISE 5 FONDU

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 counts)	Commence 5 th position R. ft. front Tendu to 2 nd and lift to 45°	Bras Bas 1 st to 2 nd	Erect Towards 4 th ouverte alignment
1	Fondu taking working ft. to Cou- de-pied devant	Bras Bas	Complements the arm movements throughout the exercise
2	Stretch with Developpé devant (45°)	1 st to 2 nd	
+	Rise onto ¾ pointe ó supporting leg		
a	5 th on ¾ pointe		
3	Lower into fondu onto R. ft.	Bras Bas to	
4	Stretch, with Developpé derrière (45°) ó inside leg	2 nd	
+	Rise onto ¾ pointe ó supporting leg		
a	Into 5 th on ¾ pointe		
5	Lower into fondu on L. ft.	Bras Bas 1 st	
6	Stretch, with Developpé 2 nd (45°)	2 nd	
7	Fondu, taking working ft. to Cou- de-pied derrière	Bras Bas	
8	Stretch, rise to ¾ pointe	1 st to 5 th	As above
	HOLD (do not close)	5 th	
1-8	Repeat en dedans, commencing with fondu after balance position	Full Port de Bras through 2 nd to Bras Bas	

N.B. Supporting heel must be lowered before exercise is repeated. Cou-de-pied foot must be fully stretched.

INTERMEDIATE BALLET (FEMALE)

BARRE

EXERCISE 6

ROND DE JAMBE EN L'AIR

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (4 counts)	Commence in 5 th position R. ft. front	Bras Bas	Erect
1	Tendu to 2 nd	1 st	Poised to 4 th ouverte
2	Lift to 90°	2 nd	
3	Lower to Tendu		
4	Lift to 90°		
+ 5 + 6	2 single Rond de Jambe en dehors en l'air		
+ a 7	1 double Ronde de Jambe en dehors en l'air		
8	Close 5 th derrière	Bras Bas	Follow arm
1-8	Repeat en dedans	As above	As above

INTERMEDIATE BALLET (FEMALE)

BARRE

EXERCISE 7

BATTEMENT FRAPPÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4	Commence in 5 th position R. ft. front	Bras Bas	Erect
Introduction (4 counts)	Tendu to 2 nd , lift, place Cou-de-pied devant	1 st to 2 nd	Follow arm
1 + 2 + 3 + 4	1 Frappé to pointe tendu en croix	2 nd	Towards 4 th ouverte alignment
+ a 5 + a 6 + a 7 + a 8	4 Double Frappé en 2 nd (striking the floor as the foot extends) Beat front back 2 nd , back front 2 nd etc		Erect
+	Return working ft. to Cou-de-pied derrière		
1-8 +	Repeat from the back		As above
1-8 +	Repeat with Double Frappé on $\frac{3}{4}$ Pointe.		As above
Coda	Close working ft. into 5 th devant on $\frac{3}{4}$ pointe. Take working ft. into Pirouette position and balance	Bras Bas 1 st Both arms in 1 st	Erect

INTERMEDIATE BALLET (FEMALE)

BARRE EXERCISE 8 PETIT BATTEMENT

COUNTS	STEPS	ARMS	HEAD
MUSIC 6/8	Commence in 5 th position R. ft. front	Bras Bas	Erect
Introduction (4 counts)	Tendu to 2 nd , lift and place Cou-de-pied devant	1 st to 2 nd Bras Bas	Towards 4 th ouverte alignment
1-2	Pass working ft. to Cou-de-pied derrière	Bras Bas	
3-4	Pass working ft. to Cou-de-pied devant		
+ 5 + 6 + 7 + 8	4 Petit Battement N.B. Beat before passing (front back, back front, front back, back front etc)		
+ 1 + 2 + 3 + 4	4 Petit Battement (accent to front) (back front back front etc)		
5-8	Petit Battement Serré (fully stretched foot)		
1-8 1-8	Repeat	1 st to 5 th to 2 nd Bras Bas	Follow arm
		As above	As above

INTERMEDIATE BALLET (FEMALE)

BARRE

EXERCISE 9

FOUETTÉ ROND DE JAMBE EN TOURNANT

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 counts)	Commence in 5 th position R. ft. front Hold position	Bras Bas 1 st to 2 nd	Erect Towards 4 th ouverte alignment
1	Tendu R. leg to 2 nd		
2	Lift en l'air		
3	Demi-Rond de Jambe en dedans to devant en fondu	Across to 1 st	En face
4	Demi-Rond de Jambe en dehors to 2 nd straightening supporting leg	2 nd	Towards 4 th ouverte alignment
5	Bring leg to Retiré devant	Bras Bas	En face
6	Developpé devant en fondu	1 st	
+ 7	Demi-Rond de Jambe to 2 nd and Pirouette en dehors	2 nd and both arms to 1 st	Sharp head movement
8	Close in 5 th devant (with straight legs)	2 nd	
1-8 1-8 1-8	Repeat whole exercise	As above	As above

INTERMEDIATE BALLET (FEMALE)

BARRE EXERCISE 10 GRAND BATTEMENT

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position R. ft. front Hold position	Bras Bas 1 st to 5 th	Erect 4 th ouverte alignment
1-2-3-4	2 Grand Battement devant		
5-6-7-8	2 Retiré Passé		To barre and 4 th ouverte
1-2-3-4	2 Grand Battement devant		
5	Demi-plié 5 th	2 nd	
6	Relevé in 5 th		
+	Demi-detourné	2 nd , change hand during turn to 2 nd	
7	Lower into Demi-plié in 5 th	Bras Bas	
8	Stretch knees	5 th	
1-8 1-8	Repeat on other leg	2 nd	
1-8 1-8	Repeat in 2 nd with R. leg		
1-8 1-4	Repeat in 2 nd with L. leg		
5	Demi-plié in 5 th		
6	Relevé 5 th		
7	¼ turn on ¾ pointe to face barre (L. leg at back)	Both hands on barre	Erect
8	Lower facing barre		
1-2-3-4	2 Grand Battement derrière		
5-6-7-8	2 Retiré Passé		Towards working leg
1-2-3-4	2 Grand Battement derrière		Erect
5-6	Tendu back ft. to 2 nd en fondu		Over Tendu ft.
7-8	Stretch, rise to ¾ pointe, 5 th devant, lower		Erect
1-8 1-8	Repeat derrière section other leg	Finish facing barre Bras Bas	

N.B. Accent is up on all Grand Battement and Retiré.

INTERMEDIATE BALLET (FEMALE)

BARRE

EXERCISE 11

DÉVELOPPÉ AND GRAND ROND DE JAMBE

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4	Commence in 5 th position R. ft. front	Bras Bas	Erect
Introduction (2 counts)	Hold position	Demi 2 nd and Bras Bas	Follow arm
1-2-3	Développé devant en fondu, Demi Grand Rond de Jambe en l'air en dehors (straighten supporting leg when reaching 2 nd)	1 st 2 nd	Head complements arm movements throughout
4	Close 5 th derrière	Bras Bas	
5-8	Repeat en dedans, close front	1 st to 2 nd Bras Bas	
1-4	Grand Rond de Jambe en dehors	1 st to 2 nd	
+ a	Fondu Petit Battement (back front) with fully pointed ft.	Bras Bas	
5	Deep Chassé forward into stretch	1 st	
6	Tendu 4 th derrière	1 st Arabesque	
7 +	Rotation to other side	5 th L. arm	
8	Close 5 th devant	2 nd Bras Bas	
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

BARRE EXERCISE 12 FOOT EXERCISE

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence 1 st position facing barre Hold position	Bras Bas Place hands on barre	Erect
+			
1 + 2 3 + 4	4 Battement Glissé en 2 nd (accent in)		Slightly inclined towards working ft.
5-6-7	3 Piqué R. ft. en 2 nd		
8	Close 1 st		
1 + 2	2 Battement Glissé R. L.		
3 + 4	2 Low Retiré R. L.		En face
5-6-7	Slow rise to ¾ pointe		
8	Lower heels in 1 st		
1-8 1-8	Repeat commencing L. ft.		As above

INTERMEDIATE BALLET (FEMALE)

BARRE EXERCISE 13 GRAND BATTEMENT EN CLÔCHE

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4	Commence in 5 th position R. ft. front	Bras Bas	Erect
Introduction (4 counts)	+ a 1 Petit Battement (back front) with inside leg 2 Chassé en avant 3 To Tendu derrière 4 Hold position	1 st 2 nd	Follow arm movements Towards 4 th ouverte alignment
1-2-3	3 Battement en clôche (forward back forward)		
4	Tendu devant à terre		
5 6 7	3 Battement en clôche (back forward back)		
8	Tendu derrière à terre		
1-7	Repeat as above		
8	Hold en l'air derrière	Bras Bas to 1 st to 2 nd Arabesque Take hand off barre and balance	

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 1 BATTEMENT TENDU

COUNTS	STEPS	ARMS	HEAD
MUSIC 6/8 Introduction (4 counts)	Commence in 5 th position croisé R. ft. front	Bras Bas	Towards front Shoulder
1	Tendu devant croisé	3 rd in opposition, passing through 1 st	Over front arm
2	Close in 5 th en Demi-plié		
3	Tendu devant en face	2 nd	En face
4	Close in 5 th en Demi-plié	L. arm through Bras Bas	Follows arm
5	Tendu devant effacé	L. arm through Bras Bas to 3 rd in opposition	Over front arm
6	Through 1 st on straight legs to Arabesque croisé derrière en fondu	Through 1 st to 2 nd Arabesque	Head looking down along the alignment of extended arm (allongé)
7	Through 1 st on straight legs to Tendu devant effacé	Through 1 st to 3 rd in opposition	Over front arm
8	Close in 5 th devant ouverte with straight legs (same direction)	Hold in 3 rd in opposition	
1	Tendu front ft. to 2 nd en face	L. arm opens to 2 nd	En face
2	Transfer weight through Demi-plié in 2 nd		
3	Tendu L. ft. to 2 nd		
4	Close 5 th devant		
5 6 7	Two Tendu in 2 nd using the back ft. first (same ft. each time)	Épaulement	
8	Close 5 th derrière croisé	Bras Bas with Épaulement	Over front shoulder
1-8 1-8	Repeat other side	As above	As above

N.B. Allongé – extended, outstretched.

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 1 BATTEMENT TENDU (REVERSE)

COUNTS	STEPS	ARMS	HEAD
MUSIC 6/8 Introduction (4 counts)	Commence in 5 th position croisé R. ft. front	Bras Bas	Towards front shoulder
1	Tendu derrière croisé	3 rd in opposition (L. arm), passing through 1 st	Over front arm
2	Close 5 th en Demi-plié		
3	Tendu derrière en face	Open L. arm to 2 nd	En face
4	Close 5 th en Demi-plié		
5	Tendu effacé en arrière	L. arm through Bras Bas to 3 rd in opposition	Over front arm
6	Through 1 st on straight legs to tendu devant en fondu	Lower both arms through Bras Bas to 3 rd in opposition, R. arm	Over front arm
7	Through 1 st on straight legs to 2 nd Arabesque	2 nd Arabesque, L. arm passes through Bras Bas	Along the arm
8	Close in 5 th derrière ouverte (with straight legs)		
1	Tendu back ft. to 2 nd en face	L. arm opens to 2 nd	En face
2	Transfer weight through Demi-plié in 2 nd		
3	Tendu other ft. to 2 nd		
4	Close 5 th derrière		
5-6-7	Two Tendu in 2 nd using front ft. first (same ft. each time)	Épaulement	
8	Close 5 th devant croisé	Bras Bas with Épaulement	Over front shoulder
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 2 1ST PORT DE BRAS

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 counts)	Commence in 5 th position R. ft. front croisé Hold position	Bras Bas	Towards L. shoulder ½ circle down to R.
1-2	Rise to ¾ pointe. Lower	Demi 2 nd Bras Bas	Complements arm movements throughout exercise
3 + 4	Chassé to 4 th devant. Attitude à terre	1 st to 4 th in opposition	
+		Downstage arm reverse Port de Bras to 5 th	
5	Plié through 4 th , transferring weight into	Reverse Port de Bras forward through 1 st	
6	Tendu 4 th croisé devant	Reverse Port de Bras to 5 th	
7-8	Transfer to Arabesque à terre en fondu	Full Port de Bras into Arabesque à dos	
1	Stretch R. leg		
2	Rotation to face croisé (upstage L.)	4 th into opposition	
+ 3	Posé en avant to 5 th ¾ pointe (upstage L.)	5 th	
4	Lower heels (upstage L.)	5 th	
5	Tendu L. devant.	Lower arms through 1 st , lift to 2 nd Arabesque	
6	Transfer to lunge on L.	3 rd	
7	Assemblé soutenu en dedans (1¼ turns)	Full Port de Bras to 5 th	
8	Lower heels 5 th croisé	2 nd to Bras Bas	
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 3 2ND PORT DE BRAS

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 counts)	Commence relaxed Tendu 4 th L. croisé derrière Hold position	Bras Bas Demi 2 nd Bras Bas	Erect Lift to R. Lower to L.
1-2	Body moves with arm	Circle R. arm across body to 5 th	Head to enhance all arm movements
3-4	Body moves with arm finishing upright	Circle L. arm across body to 5 th	
5	Épaulement R. shoulder forward	5 th	
6	Recover, extend L. ft. into tendu derrière	3 rd Arabesque	
7-8	Fondu into deep lunge, Arabesque croisé à terre	Lower R. forward, then sweep behind to 2 nd Arabesque	Head level with front arm
1	Bring working leg to supporting leg	2 nd	Head to enhance arm movements
2	Picked-up Pas de Bourrée under en dehors, taking the 3 rd step through a deep chassé into 4 th croisé derrière	Bras Bas	
3-4		4 th in opposition	
5-6	Transfer weight, through Demi-plié in 4 th (L. tendu devant)	Full Port de Bras forward and en rond to 4 th in opposition	
7	Step forward onto L. into 4 th croisé derrière	Lower through 2 nd	
8		Bras Bas	
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 4 TEMPS LIÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 12/8 Introduction (2 counts)	Commence in 5 th position R. ft. front croisé	Bras Bas	Erect
1	Fondu on L. R. ft. to Cou-de-pied devant	1 st	Head to enhance all arm movements
2	Extend R. to 4 th devant croisé en fondu 45°	3 rd in opposition	
+ 3	Posé en avant into 5 th ¾ pointe	4 th in opposition	
4	Lower heels 5 th facing front	2 nd	
5	Fondu on L. R. ft. to Cou-de-pied devant	Bras Bas, 1 st	
6	Extend R. to 2 nd en fondu 45°	2 nd	
+ 7	Posé de côté, close L. 5 th devant ¾ pointe croisé	Lift to 5 th reverse Port de Bras	
8	Lower heels, facing croisé	Lower at side to 2 nd	
1-8	Repeat other side	As above	As above
1-8 1-8	Repeat en arrière		

INTERMEDIATE BALLET (FEMALE)

CENTRE

EXERCISE 5

PIROUETTE EN DEHORS

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 counts)	Commence in 5 th position R. ft. front croisé	Bras Bas Demi 2 nd Bras Bas	Erect Follow arms
+	Low Developpé devant ouverte	1 st	Head to enhance all movements over front arm, spotting on pirouettes
1	Posé ¾ pointe 1 st Arabesque	1 st Arabesque	
2	Chassé passé to 4 th croisé en fondu	Carry R. arm over into Arabesque à dos	
+ 3 + 4	Glissade over and Glissade under	3 rd	
+ 5	Temps levé L. Chassé R. to 4 th ouverte (to face corner)	1 st to 2 nd	
+ a 6	Pas de Bourrée into 4 th croisé (to face corner)	Under sweep into 3 rd in opposition pirouette position	
+ 7	Double pirouette en dehors		
8	Close 5 th derrière croisé in Demi-plié	2 nd	
1-8 1-8 1-8	Repeat other side Repeat	As above	As above

N.B. Exercise to be performed en diagonale.

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 6 PIROUETTE EN DEDANS

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position R. ft. front croisé	Bras Bas	Towards front shoulder
1-2	Tendu devant, close 5 th	3 rd in opposition	Over arm
3-4	Grand Battement devant, close 5 th	4 th in opposition	En face
5-6	Tendu to 4 th transferring weight to en fondu devant	2 nd Bras Bas to 3 rd	
+ 7	Double Pirouette en dedans	2 nd to 5 th	-Spotø en face
8	Close 5 th devant croisé en Demi- plié	2 nd	Erect
1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 7 1ST ADAGE

COUNTS	STEPS	ARMS	HEAD
MUSIC 12/8 Introduction (2 counts)	Commence in 5 th position R. ft. front croisé	Bras Bas	Towards front shoulder
1-2	Rise to $\frac{3}{4}$ pointe, lower	Demi 2 nd Bras Bas	Head complements arms throughout exercise
+	Smooth rise into	Bras Bas	
3	Soft Coupé over en plié	3 rd	Over crossed arm
+	Soft Coupé under en plié	3 rd	
4	Soft Coupé over en plié	3 rd	
5	Step en arrière into pointe Tendu croisé devant	Bras Bas. 1 st to 4 th in opposition	
6-8	Through 1 st to 1 st Arabesque en l'air	Sweep top arm down front of body to 1 st Arabesque	Follow Arabesque arm
1-4	Promenade en dedans to face croisé on a straight leg and finished en fondu	Gradually to 2 nd Arabesque	
+	Stretch supporting knee	2 nd	
5-6	Bend into Attitude	Full Port de Bras to 4 th	En face
+ 7	Rise to $\frac{3}{4}$ pointe, extend to Arabesque	Extended open Arabesque, palms down	
8	Close 5 th derrière croisé en Demi- plié and stretch	2 nd Bras Bas	
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 8 2ND ADAGE

COUNTS	STEPS	ARMS	HEAD
MUSIC 12/8 Introduction (2 counts)	Commence in 5 th position R. ft. front en face Hold position	Bras Bas Demi 2 nd Bras Bas	Erect
1	Tendu en fondu devant	3 rd in opposition	Over front arm
2	Close 5 th , stretching legs	2 nd	
3-4	Repeat derrière	3 rd 2 nd	
5-7	Demi Grand Rond de Jambe en l'air en dehors	Unfold with leg Bras Bas 1 st 2 nd	Erect
8	Close 5 th derrière croisé	Bras Bas with body inclined towards back ft.	Towards back ft.
1 2	Petit Développé écarté en fondu	2 nd	Towards front ft.
+ 3 4	Posé Assemblé soutenu en dedans finishing ouverte	Full Port de Bras to 5 th	Erect
+ 5 6 7	Chassé into 2 nd Arabesque allongé en fondu en l'air	2 nd Bras Bas 1 st and 2 nd Arabesque allongé	Head and arms down
+ a 8	Pas de Bourrée derrière	4 th to 2 nd Bras Bas	Follow arm, finish erect
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 9 PAS DE BOURRÉE

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4	Commence in 5 th position R. ft. front croisé	Bras Bas	En face
Introduction (2 counts)	Chassé croisé en avant (Counts 1 2 3) Fondu and lift back ft. off floor	1 st to 2 nd	Towards front shoulder
1 + 2-3	Pas de Bourrée ouverte en avant	4 th in opposition	Towards each Demi-plié, (i.e. last step of Pas de Bourrée)
2 + 2-3	Pas de Bourrée ouverte en arrière	3 rd	
3 + 2-3	Pas de Bourrée over en face	1 st	
4 + 2-3	Pas de Bourrée under en face	2 nd	
5 + 2-3	Pas de Bourrée over en tournant en dedans	1 st to 2 nd	
6 + 2-3	Pas de Bourrée under en tournant en dehors	1 st	
7	Chassé to 4 th ouverte with front ft.	2 nd	
+ a 8	Pas de Bourrée under en face Chassé en avant croisé and Degagé derrière	Bras Bas Demi Bras	
1-8	Repeat other side	As above	As above
+	Release back leg		

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 10 SAUTÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position R. ft. front en face	Bras Bas	Erect
1-2-3	3 Sauté in 1 st	Bras Bas	
+ 4	1 Echappé sauté to 2 nd	1 st to 2 nd	
5-6-7	3 Sauté in 2 nd	2 nd	
+ 8	1 Echappé sauté to 5 th R. ft. front	Bras Bas	
1 + 2-3 + 4	2 Echappé sauté changé en 2 nd	1 st to 2 nd (hold arms in 2 nd on Echappé)	Towards front ft.
5-6-7	3 Changement with Épaulement	Bras Bas	Towards front ft.
8	Hold Demi-plié in 5 th		Over front shoulder
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 11 PETIT ALLEGRO 1

COUNTS	STEPS	ARMS	HEAD
MUSIC 6/8 Introduction (4 counts)	Commence in 5 th position R. ft. front en face On Count 4 Demi-plié	Bras Bas 1 st to 2 nd	Erect
+ 1	Sissone fermée over de côté to R.	3 rd	Towards front shoulder
+ 2	Sissone fermée over de côté to L.	3 rd	
+ 3	Sissone fermée en avant	Demi Bras	Erect
+ 4	Sissone fermée en arrière	Bras Bas	
+ 5	Entrechat quatre		
+ 6	Entrechat trois derrière	3 rd in opposition	Turned to working leg
+ a 7	Pas de Bourrée under	2 nd Bras Bas	Erect
8	Changement battu		
1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 12 PETIT ALLEGRO 2

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position L. ft. front en face	Bras Bas 1 st to 2 nd	Erect
+ 1-2	Glissade derrière, Jeté derrière	Full Port de Bras, 2 nd to 3 rd	En face, over arm
3-4	Temps levé, Assemblé derrière (full Assemblé with a swish)	3 rd to 2 nd Bras Bas	
+ 5-8	Repeat to other side	As above	As above
+ 1-2	Glissade derrière, Assemblé over	Bras Bas through 1 st to Ecarté	To raised arm
+ 3	Sissone fermée en avant ouverte	1 st	Over arms
4	Sissone ouverte into 1 st Arabesque	1 st Arabesque	Over front arm
+ 5	Coupé under chassé to 4 th ouverte (en face)	1 st to 2 nd	
+ a 6	Pas de Bourrée under	Bras Bas	
+ 7	Glissade derrière	1 st	
8	Assemblé over	Ecarté	Towards top arm
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 13 PAS DE BASQUE ENCHAÎNEMENT

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (6 counts)	Commence in 5 th position R. ft. front croisé Hold position	Bras Bas On counts 5 6 1 st to 2 nd	Erect
1 + 2-3	Pas de Basque sauté croisé with front ft.	Through Bras Bas 1 st to 4 th	Under arm
4 + 5-6	Ballonné Composé with front ft. (with a step forward)		Under arm
1 + 2-3	Repeat Pas de Basque other side	As above	
4-5	2 Entrechat quatre	Gradually lower to Bras Bas	Over front shoulder
6	1 Changement battu (with Épaulement)		
1-6 1-6	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 15 PREPARATORY EXERCISE FOR BRISÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 6/8 Introduction (4 counts)	Commence in 5 th position L ft. front en face Hold position	Bras Bas 1 st to 3 rd in opposition	Erect Over front arm
+ 1 2 + 3 4 + 5 + a 6 + 7 8 1-8	Brisé over Hold Brisé over Hold Detach back ft. en 2 nd Pas de Bourrée under Entrechat quatre Hold Repeat other side	3 rd in opposition 2 nd Bras Bas As above	Erect Erect As above

N.B. All Brisé in this syllabus are executed 2 feet to 2 feet.

THIS EXERCISE IS NOT USED IN EXAMINATION.

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 15A BATTERIE ENCHAÎNEMENT 1

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (4 counts)	Commence upstage L. in 5 th position L ft. front en face On Count 4 Demi-plié	Bras Bas	Over R. shoulder
1	Echappé sauté to 2 nd	1 st to 2 nd	
+ a 2	Pas de Bourrée under (with L. ft.)		
+ 3 + 4	2 Pas de Chat	3 rd in opposition	Over low arm
5	Entrechat trois derrière	4 th in opposition	Towards high arm
+ a 6	Pas de Bourrée under	2 nd	
+ 7 + 8	2 Brisé over	3 rd in opposition	Towards low arm
1-8	Repeat other side	As above	As above
1-8 1-8	Repeat both sides		

N.B. This enchaînement travels en diagonale.

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 16 FOUETTÉ RELEVÉ AND FOUETTÉ SAUTÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4	Commence 5 th position R. ft. front croisé	Bras Bas	Erect
Introduction (4 counts)	Chassé croisé en avant release back ft.	1 st to 2 nd	En face
+ 1	Demi-contretemps croisé en diagonale	Full Port de Bras to 5 th 1 st Arabesque	To diagonale
+ 2	Battement Fouetté relevé to 1 st Arabesque de côté Lower supporting heel		
+ 3 + 4	Repeat other side	1 st Arabesque	
+	Coupé under	Bras Bas 1 st	En face
5 + a 6	Chassé Pas de Bourrée under to 4 th croisé	2 nd 3 rd	
7	Soutenu	Full Port de Bras to 5 th	
8	Chassé en avant croisé and Degagé derrière	Open to 2 nd	Over front shoulder
1-8	Repeat other side		
1-8 1-8	Repeat sauté		

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 17 BATTERIE ENCHAÎNEMENT 2

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence 5 th position en face L. ft. front en face	Bras Bas	Erect
+ 1-2	Glissade derrière, Jeté derrière	1 st 2 nd 3 rd	En face, over front arm
3-4	2 Brisés over	3 rd in opposition	
+ 5	Coupé under chassé to 4 th ouverte downstage R.	1 st to 2 nd	Towards front arm
+ a 6	Pas de Bourrée under	Bras Bas	Over front arm
+ a 7	Temps de Cuisse over (de côté)	3 rd	Over front arm
8	Entrechat quatre	Bras Bas with Épaulement	Over front shoulder
1-8	Repeat other side	As above	As above
1-8 1-8	Repeat		

N.B. Temps de Cuisse over, pick up back foot to Cou-de-pied (Petit Retiré) on a straight supporting leg, close into 5th devant en Demi-plié.
 Sissone fermé de côté toward back foot, close 5th devant en Demi-plié.
 (Can also be executed en avant, en arrière and under – same principles apply)

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 18 PETIT JETÉ AND EMBOÎTÉ EN TOURNANT

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position R. ft. front upstage L. croisé Hold position	1 st to 3 rd	To diagonale
1-4	4 Petit Jeté devant en tournant (½ turn on each Jeté) L. R. L. R.	3 rd	Sharp head to diagonale
5-6-7	3 Emboîté en tournant in Retiré devant (L.R.L ½ turn on each Emboîté)		
8	Coupé under on L. ft. R. ft. Cou-de-pied devant en Demi-plié		
1-4	Repeat 4 Petit Jeté devant en tournant	3 rd	
5 6	2 Emboîté en tournant in Retiré devant		
7 +	2 faster Emboîté en tournant in Retiré devant		
8	Finish in 4 th derrière croisé	1 st to Demi Bras	Over front shoulder

N.B. To be executed en diagonale from both sides.

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 19 GRAND ALLEGRO 1

COUNTS	STEPS	ARMS	HEAD
MUSIC 4/8	Commence in 5 th position R. ft. front upstage L. croisé	Bras Bas	Erect
Introduction (4 counts)	Chassé into Degagé derrière	1 st to 2 nd	To front
+ 1	Coupé over en rond Chassé to 4 th ouverte	Bras Bas to 1 st	Towards working ft.
+ a 2	Temps levé in 1 st Arabesque and Chassé passé	1 st Arabesque	
+ 3 4	Glissade derrière and Assemblé over	Full Port de Bras to Arabesque Ecarté	Towards Arabesque arm
+ 5 + 6	2 Retiré sauté passé en arrière	R. arm then L. arm through 1 st to 2 nd and Bras Bas	To R. and L. to complement arm
7	Sissone en avant ouverte into 1 st Arabesque	1 st Arabesque	Over front arm
+ a	Pas de Bourrée under and Chassé en avant to 4 th croisé	2 nd to Bras Bas 1 st	
8	Weight on front leg degagé derrière to start on other side	2 nd	Over front shoulder
1-8	Repeat other side	As above	As above
1-8 1-8	Repeat		

INTERMEDIATE BALLET (FEMALE)

CENTRE EXERCISE 20 GRAND ALLEGRO 2

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (4 counts)	Commence upstage L. L ft. front 5 th croisé 1 2 3 Chassé en arrière to pointe Tendu croisé devant On count + step on L.	Bras Bas 1 st to 1 st Arabesque 2 nd	Erect
+ a 1 +	Step R. en diagonale, gallop L. Run R. L.	2 nd	Downstage ouverte
2	Jeté en avant R.	Full Port de Bras to 2 nd Arabesque	
+ a 3 + 4-6	Repeat twice, alternate feet	As above alternately	
+	Step	1 st	
7	Posé in 1 st Arabesque	1 st Arabesque	
8	Fondu in Arabesque		
+ a 1-2	3 runs into Grand Jeté en tournant	Full Port de Bras to 5 th 2 nd	
+ a 3-4	3 runs into Assemblé over en tournant, landing in 5 th , R. leg front en Demi-plié	1 st to 5 th 2 nd	
+	Step forward with back ft.	Full Port de Bras	
5	Posé in 1 st Arabesque (on R.)	1 st Arabesque	
6	Chassé passé to 4 th croisé en fondu	3 rd L. arm	Over downstage shoulder
+ 7	Glissade derrière	2 nd	En face
+ 8	Pas de Chat into 4 th croisé en Demi-plié, stretch front leg, extending into Degagé croisé (relaxed Tendu)	Bras Bas, 1 st to 4 th crossed, with Épaulement	Over front shoulder looking up

N.B. This enchaînement is executed en diagonale, to be taken on both sides.

INTERMEDIATE BALLET (FEMALE)

POINTE WORK BARRE EXERCISE 1

RISE & RELEVÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (4 counts)	Commence in 1 st position facing barre Hold position	Bras Bas Place hands on barre	Erect
1-2	Rise on to pointe		
3-4	Lower heels on straight legs		
5-6	Rise on to pointe		
7-8	Lower heels to Demi-plié		
1	Relevé in 1 st		
2	Lower in Demi-plié		
3	Relevé in 1 st		
4	Lower in Demi-plié		
5	Relevé in 1 st		
6-7-8	Hold, testing balance	Arms to 1 st position on 6, hold 7, and replace on barre on 8	
1-2-3-4	Demi-plié sur les pointes		
5-6-7-8	Recover, stretching knees		
+	Lower heels, keeping knees stretched		
1	Fast rise in 1 st sur les pointes		
2-3-4	Hold		
+	Lower heels, knees stretched		
5	Fast rise in 1 st sur les pointes		
6	Lower heels		
7 8	Tendu to 2 nd and place in 2 nd position		
1-8 1-8	Repeat in 2 nd		
1-8 1-8	Close in 1 st at the end		

INTERMEDIATE BALLET (FEMALE)

POINTE WORK BARRE EXERCISE 2

ECHAPPÉ & RELEVÉ PASSÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position R. ft. front, sideways to the barre Hold position	Bras Bas 1 st to 2 nd	Erect
1	Echappé to 4 th	Bras Bas to 1 st	
2	Close in 5 th en Demi-plié		
3	Relevé in Retiré passé en arrière	2 nd	
4	Close in 5 th derrière en Demi-plié	Bras Bas	
5	Echappé to 4 th	1 st	
6	Close in 5 th en Demi-plié		
7	Relevé in Retiré passé en avant	2 nd	
8	Close in 5 th en Demi-plié	Bras Bas	
1	Relevé in 5 th	1 st	
+	Demi-détourné (towards the barre to face other side)	Change arms in 1 st	Sharp head movement, eyes proceed body
2	Close in 5 th en Demi-plié		
3	Relevé in 5 th	1 st	
+	Demi-détourné (towards the barre to face other side)	Change arms in 1 st	Sharp head movement, eyes proceed body
4	Close in 5 th en Demi-plié	1 st	
5	Echappé to 2 nd	2 nd	
6	Close derrière in 5 th	Bras Bas	
7	Relevé in 5 th	5 th	
8	Close en Demi-plié	2 nd	
1-8 1-8	Repeat from derrière with Demi-détourné away from barre	Through 2 nd on Demi-détourné away from barre	

INTERMEDIATE BALLET (FEMALE)

POINTE WORK BARRE EXERCISE 3

FOUETTÉ RACCOURCI, BALLONNÉ & PAS DE BOURRÉE PIQUÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position R. ft. front, facing barre Cou-de-pied back foot on + count	Bras Bas Place hands on barre	Erect
1	Fouetté raccourci on L. ft. to 2 nd		
2	Lower en fondu on supporting leg (L. leg)		
3	Ballonné relevé to 2 nd sur la pointe		
4	Coupé over (onto R. ft.)		
5-8	Repeat		
1 + 2	Pas de Bourrée piqué under to R.		
3 + 4	Pas de Bourrée piqué under to L. finishing on a Cou-de-pied derrière		
5	Coupé and Ballonné on L. in 2 nd		
6	Close into 5 th derrière en Demi-plié		
7	Relevé in 5 th		
8	Lower onto front ft., back ft. Cou-de-pied derrière.		
1-8 1-8	Repeat on other side, finishing in 5 th en Demi-plié.		

INTERMEDIATE BALLET (FEMALE)

POINTEWORK

BARRE

EXERCISE 4

ADAGE

COUNTS	STEPS	ARMS	HEAD
MUSIC 12/8 Introduction (2 counts)	Commence in 5 th position R. ft. front, sideways to the barre Relevé into 5 th en pointe	Bras Bas 1 st & open R. to 2 nd . Place L. on Barre	Erect Follow extended arm
1-2-3	Développé devant	Full Port de Bras to 2 nd	Follow arm
4	Retiré	Bras Bas	En face
5-7	Développé to Arabesque derrière	To 2 nd Arabesque	Over arm
8	Retiré	1 st	En face
1-3	Developpé to 2 nd	To 2 nd	¼ turn ouverte
4	Close into 5 th en pointe	Bras Bas	En face
5	Bourrée sur place	1 st	
6-7	Continue to Bourrée, turning towards the barre, ready for other side	5 th . and to 2 nd ready to start again.	Complement arm movement
8	Hold	Bras Bas	
1-8 1-8	Repeat from beginning, finish Demi-plié in 5 th and stretch	As above	As above

N.B. 90° on Développé if possible, but hips must be square and working leg turned out, otherwise according to dancer's ability.

INTERMEDIATE BALLET (FEMALE)

POINTE WORK BARRE EXERCISE 5

GRAND BATTEMENT

COUNTS	STEPS	ARMS	HEAD
MUSIC 4/4 Introduction (4 counts)	Commence in 5 th position R. ft. front, sideways to the barre Demi-plié on 3, Relevé into 5 th sur les pointes on 4	Bras Bas 1 st & open R. to 2 nd . Place L. on barre	Erect ¼ turn ouverte
1 +	Grand Battement devant	2 nd	
2	Close into 5 th en pointe		
3 +	Grand Battement in 2 nd		En face
4	Close into 5 th derrière en pointe	Bras Bas	
5 +	Grand Battement derrière	2 nd Arabesque	Over front arm
6	Close into 5 th derrière en pointe	1 st	En face
7 +	Grand Battement inside leg devant	5 th	¼ turn ouverte
8	Close in 5 th devant en pointe	2 nd ready to start again	
1 +	Grand Battement derrière	2 nd	¼ turn ouverte
2	Close into 5 th en pointe		
3 +	Grand Battement		En face
4	Close into 5 th en pointe	Bras Bas	
5 +	Grand Battement devant	5 th	¼ turn ouverte
6	Close into 5 th en pointe		
7 8	Turn towards the barre to the other side	5 th to 2 nd	
1-8 1-8	Repeat		

INTERMEDIATE BALLET (FEMALE)

POINTE WORK BARRE EXERCISE 6

ECHAPPÉ EN CROIX AND SISSONE

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 Counts)	Commence in 5 th position R. ft. front, sideways to the barre Demi-plié in 5 th on count 6	Bras Bas 1 st to 2 nd Bras Bas	Erect Follow arm
1-2	Echappé to 4 th	1 st	¼ turn towards arm
3	Close 5 th		
4-5	Echappé change in 2 nd	2 nd	En face
6	Close 5 th	Bras Bas	
1-2	Echappé to 4 th	2 nd Arabesque arm	Over arm
3	Close 5 th	1 st	
4-5	Echappé changé in 2 nd	2 nd	
6	Close 5 th devant	Bras Bas	
1-2	Sissone en avant in 1 st Arabesque sur la pointe (on R. ft.)	Through 1 st into 1 st Arabesque (R. arm)	
3	Close in 5 th derrière en Demi-plié	1 st	En face
4-5	Relevé passé retiré devant with the back ft. to face the barre (L. ft. in Retiré)	Both hands on barre	
6	Close in 5 th en Demi-plié (L. ft. front)		
1-2	Sissone over à la seconde sur la pointe onto L. ft.		
3	Close 5 th (R. ft. front)		
4-5	Relevé in 5 th (facing barre) and ¼ turn to other side on 5	1 st to 2 nd L. arm	
6	Demi-plié in 5th	Bras Bas	
1-6 1-6 1-6 1-6	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

POINTE WORK

CENTRE

EXERCISE 1

ECHAPPÉ & DEMI-DÉTOURNÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 4/4 Introduction (4 Counts)	Commence in 5 th position R. ft. front en face Demi-plié on + count	Bras Bas	Erect
1	Echappé to 2 nd	1 st to 2 nd	
2	Demi-plié in 2 nd		
3	Relevé in 2 nd		
4	Close in 5 th (L. ft. front)	Bras Bas	Épaulement
5-6-7-8	Repeat 1-4	2 nd Bras Bas	
1	Relevé in 5 th R. ft. front	1 st	
+	Demi-détourné (towards back ft.) to face upstage		
2	Demi-plié in 5 th	3 rd (L. arm front)	Over front arm
3	Relevé in 5 th		
+	Demi-détourné (towards back ft.) to face downstage	Through 1 st	
4	Demi-plié in 5 th	3 rd (R. arm front)	Over front arm
5	Echappé changé to 2 nd	2 nd	En face
6	Close 5 th	Bras Bas	
7	Relevé in 5 th	5 th	Épaulement
8	Demi-plié	Through 2 nd	En face
1-8 1-8	Repeat other side	As above	As above

INTERMEDIATE BALLET (FEMALE)

POINTE WORK CENTRE EXERCISE 2

ECHAPPÉ AND RELEVÉ PASSÉ

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 Introduction (2 Counts)	Commence in 5 th position croisé R. ft. front	Bras Bas	Over front shoulder
1-2	Echappé to 4 th croisé	1 st to 2 nd Arabesque L. arm	En face
3	Close 5 th	1 st	
4 5	Echappé changé in 2 nd en face	2 nd	
6	Close 5 th	Bras Bas	
1-2	Echappé to 4 th croisé	1 st to 2 nd Arabesque	
3	Close 5 th en Demi-plié	1 st	
4 5	Relevé in 5 th croisé	5 th	Complements arm
6	Close 5 th en Demi-plié	Open to 2 nd	
1 2	Relevé passé en arrière (L. ft.)	3 rd L. arm, extend arm, palm up	
3	Close 5 th en Demi-plié		
4-5	Relevé passé en arrière (R. ft.)	3 rd R. arm, extend arm, palm up	
6	Close 5 th en Demi-plié		
1-2	Relevé passé en arrière (L. ft.)	3 rd L. arm, extend arm, palm up	
3	Close 5 th en Demi-plié		
4-5	Relevé passé en arrière (R. ft.)	3 rd (R. arm), extend arm, palm up	
6	Close 5 th en Demi-plié	Bras Bas	
1-6 1-6 1-6 1-6	Repeat all other side	As above	As above

N.B. Relevé passé en avant should be taught and will be examined.

Relevé passé en tournant with the same leg should also be taught but not examined.

INTERMEDIATE BALLET (FEMALE)

POINTE WORK CENTRE EXERCISE 3

POSÉ TURN AND PETIT PAS DE BASQUE EN TOURNANT

COUNTS	STEPS	ARMS	HEAD
MUSIC 2/4 Introduction (4 counts)	Commence in 5 th position R. ft. front upstage L. croisé Tendu R. leg devant	Bras Bas 1 st to 3 rd	To diagonale
1-2	1 Posé turn en dedans	2 nd to 1 st	
3-4	1 Petit Pas de Basque en tournant	2 nd to 1 st	
5 6	1 Posé turn en dedans	2 nd to 1 st	
7 8	1 Petit Pas de Basque en tournant	2 nd to 1 st	
1 2	1 Posé turn en dedans	2 nd to 1 st	
3 4	1 Petit Pas de Basque en tournant	2 nd to 1 st	
5	Step R. ft. to 4 th ouverte (to corner)	3 rd	
6	Assemblé soutenu en pointe	2 nd Bras Bas	
7	Finish R. ft. front croisé	5 th	
8	Hold in 5 th on pointe		
1-8 1-8	Exercise to be repeated starting from the other diagonale	As above	Over front shoulder As above

N.B. On Posé turn, toe should be at the back of the supporting knee.

INTERMEDIATE BALLET (FEMALE)

RÉVÉRENCE

COUNTS	STEPS	ARMS	HEAD
MUSIC 3/4 No Introduction	Commence facing downstage R. Tendu R. derrière croisé	Bras Bas	Over front shoulder
+ 1-2	Step R. to 2 nd	R. arm then L. arm open to 2 nd	Complement arms
3-4	Chassé passé en arrière into Dégagé 4 th croisé devant	Bras Bas 1 st into Demi-2 nd	
+	Step R.		
5	Side L. into relaxed Tendu derrière croisé		
6	Full curtsy		
7-8	Free ending position		

