

Intermediate Ballet Barre Preparations

PLIES	<u>2 counts:</u> Arms – hand to barre Feet – tendu and place foot in 2 nd position
BATTEMENTS TENDUS	<u>2 counts:</u> Arms – hand to barre Feet – tendu to 2 nd position
BATTEMENTS DEGAGES	<u>4 counts:</u> Arms – hand to barre Feet – n/a
RETIRES	<u>4 counts:</u> Arms – arms through 5 th en avant to 2 nd position Feet – n/a
RONDS DE JAMBES A TERRE	<u>2 chords:</u> <i>Traditional preparation</i> Arms – arms through 5 th en avant to 2 nd position Feet – fondu, extending leg devant, and ronds de jambe to derriere
GRANDS BATTEMENTS	<u>4 counts:</u> Arms – through 5 th en avant to 2 nd position Feet – n/a
FONDU MOVEMENTS	<u>4 counts:</u> Arms – open through 5 th en avant to 2 nd position Feet – tendu to 2 nd position
BATTEMENTS FRAPPES	<u>2 counts:</u> Arms – hand to barre Feet – tendu to 2 nd position and place foot sure le cou-de-pied devant
FOUETTES A TERRE	<u>4 counts:</u> <i>Face the barre</i> Arms – hands to barre Feet – n/a
PETITS BATTEMENTS	<u>4 counts:</u> Arms – hand to barre Feet – tendu to second position and bring into to cou-de-pied devant, ¼ point
RONDS DE JAMBE EN L’AIR	<u>2 chords:</u> Arms – through 5 th en avant to 2 nd position Feet – raise leg to second after the port de bras
DEVELOPPES	<u>2 counts:</u> Arms – hand to barre Feet – n/a
GRAND FOUETTE	<u>2 counts:</u> Arms – hand to barre Feet – n/a
GRAND ROND DE JAMBE AND DEVELOPPE EN TOURNANT	<u>2 counts:</u> Arms – hand to barre Feet – n/a

PREPARATION FOR FOUETTES RONDS DE JAMBE	<u>4 counts:</u> Either 1-4 chassé en avant to pointe tendu derriere, arm through, arm through 5 th en avant to 2 nd position, coupé on 'and' Or Relevé in 5 th position on '4', on 'and' retiré still on relevé with arm in 5 th en avant
BATTEMENT BALANCES	<u>4 counts:</u> Arms – through 5 th en avant to 2 nd position Feet – start in 1 st position, extend foot to point tendu 4 th derriere
PREPARATION FOR SAUTES	<u>4 counts:</u> <i>Face the barre</i> Arms – hands to barre Feet – start in 1 st position

Pointe Work – Barre

STEPPING UP TO POINTE 4 counts:
Face barre
Arms – hands to barre
Feet – stand with feet in parallel 1st

DEMI PLIES AND RISES 2 counts:
Face barre
Arms – hands to barre
Feet – stand in 1st position

TENDUS AND RELEVÉS 4 counts:
Arms – prepare through 5th en avant to 2nd position
Feet – feet in 5th position

RELEVÉS 6 counts:
Face barre
Arms – hands to barre
Feet – stand in 5th position

ECHAPPÉS 4 counts:
Face barre
Arms – hands to barre
Feet – stand in 5th position