

# LEC-DEM CLASS

## BARRE

### PLIE

- 1-4 2 demi in 1<sup>st</sup>
- 5-8 1 grand
- 1-8 port de bras forward and releve one arm 5<sup>th</sup>, one in 2<sup>nd</sup>  
& tendu side and close 5<sup>th</sup>
- 1-4 2 demi in 5<sup>th</sup>
- 5-8 1 grand
- 1-8 circular port de bras forward and releve arms allonge

### TENDU/DEGAGE

- 1-16 4 en croix w/ continuous outward and inward port de bras
- 1-8 2 degages en croix w/ arms low
- 1-8 degages front, back, side, front, back, front, side, back-arms in 2<sup>nd</sup>  
finish

### ADAGE/FONDU

- 1-2 fondu devant en releve w/ half port de bras en dehors
- 3-4 double fondu side w/ half port de bras en dehors
- 5-8 4 rond de jambs en l'air
- 1-8 reverse  
& close 5<sup>th</sup>
- 1-4 developpe devant w/ arms
- 5-8 developpe a' la seconde close derriere
- 1-4 developpe devant w/ leg by barre  
& brush to arabesque
- 5-8 penche  
hold and close together

### GRAND BATTEMENTS/STRETCH

- 1-4 2 grand battements
- 5-6 battement developpe
- 7-8 battement envelope
- 1-8 1-8 repeat side and back
- 1-8 detire and take foot to side, stretch, hold, leg go and close all together

## CENTRE

### TENDU/GLISSADE

Prep croise w/ arms 2<sup>nd</sup>

- 1-4 4 tendu devant w/ arms doing full outside port de bras to 3<sup>rd</sup> croise
- 5-8 4 tendu derriere w/ arms doing full outside port de bras to 3<sup>rd</sup> efface
- 1-4 4 tendu en face a' la seconde alternating legs
- 5-7 3 glissade changing finish 5<sup>th</sup> croise on other side
- &8 open arms to 2<sup>nd</sup>  
other side.

### ADAGIO

- 1-4 Developpe to ecarte devant
  - 5-6 2 rond de jambs en l'air
  - 7-8 fouette to efface devant w/ developpe
  - 1-4 grand rond de jambe to 3<sup>rd</sup> arabesque en fondu
  - 5-8 promenade en dehors
  - 1-4 developpe efface devant
  - 5-8 plie, pique to arabesque allonge en fondu and pas de bourree
  - 1-2 double pirouette en dehors arms in 1<sup>st</sup> finishing in 4<sup>th</sup> croise
  - 3-4 soutenu en dedans arms to 5<sup>th</sup>
  - & degage croise devant en releve arms opening to 2<sup>nd</sup>
  - 5-6 tombe en avant, double pirouette en dedans arms 1<sup>st</sup> with brush
  - 7-8 tendu over to ecarte devant to change sides.
- Repeat other side.

### SPANISH PIRQUETTES

Croise, B+, hands on downstage hip

- 1-4 Balance and 2 piques to ecarte derriere
- 5-6 tombe pas de bourree to efface front
- 7-8 chasse croise devant and place in 4<sup>th</sup>
- 1-2 double pirouette to 4<sup>th</sup> with arms in 5<sup>th</sup>
- 3 rotation to croise devant, arm by the audience is up
- 4 tombe to 4<sup>th</sup>
- 5-6 double pirouette en dedans without brush arms in 1<sup>st</sup>
- 7 soutenu turn en dehors arms 5<sup>th</sup>
- 8 lower heel and do small inside port de bras to hands on hip

### PETIT ALLEGRO

En face 5<sup>th</sup> position, right foot front, arms en bas,

- 1-4 Changement, royale, entrechat quatre, Italian changement
- 5-8 Repeat other side
- 1-2 Glissade derriere to left, jete battu over
- 3-4 Glissade derriere to right, assemble battu over
- 5 & 6 3 changements en tournant to back foot
- 7 sissonne to attitude croise derriere
- & 8 coupe and assemble en avant

## **BALLOTTE**

Croise 5<sup>th</sup> position, right foot in front, arms en bas

1-4 Ballotte to efface devant, derriere, devant, derriere

5-8 Faille, assemble over, entrechat quatre, royale

other side

repeat with single tour en l'air in place of royale

## **MEN'S COMBINATION**

1-2 2 sissonne over

3-4 2 sissonne to 1<sup>st</sup> arabesque

5-8 tombe pas de bourree, assemble, double tour en l'air

1-8 repeat on the other side

1-8 walk around and prepare for turns

1-8 turns in 2<sup>nd</sup>, pull in an finish in 4<sup>th</sup>

## **PIQUE TURNS**

4 pique turns, chainne

alternating one side of the stage and then the other

(boys do 2 pique turns, couple jete, chainne and double tour or double sautebasque)

last girl does 4 pique turns, 4 fouettes, chainne and releve balance in arabesque.

## **GRAND ALLEGRO**

### **Part 1**

Croise B+, arms 2<sup>nd</sup>

Coupe, developpe croise devant, arms to 3<sup>rd</sup>

Chasse, coupe grand jete to attitude (Bournonville)

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Step, step, pique in 1<sup>st</sup> arabesque in corner

Chasse back, tour jete

Chasse assemble en tournant, arms to 5<sup>th</sup> and hold on landing

Tombe pas de bourree, run, run, hit your head

### **Part 2**

Zig-zags

Coupe, tombe pas de bourree, run, run, sauté chat

Contretemps and do other side

4 balance going R, L, R, L with arms low on first two and up on next two

chasse, sauté basque, run, run, hit your head

Last couple does it with a lift.

## **REVERANCE**