Continuing Ballet Technique

Before start/start
- Student’s do a lot of stretching, some practicing techniques, little small talk
- Almost silent
- Room is hot, cooled by fans and windows
- Students spread across floor with no special assignment

Professor comes in
- Professor checks status of students
- Begins stretching exercise
- Flex, point, fifth, demy, fours starch, second position, first position, plie, crescent, back, forward, gateway, shase, shival, pelvis, closh, acarte (misspelled questionable)
- Demonstrates exercise first then has class perform
- Students perform upon command
- Bars for balance/holding figure= position of body
- Half of class mimics professor while he demonstrates while others observe
- Students say question before asking a question
- Professor snaps or claps to indicate count
- Music is essential
- Finding counts by listening and analyzing music is important
- Professor it rather humorous
- History lessons of ballet/ famous ballet dancers and what they are famous for
- Water break halfway through class so students to not dehydrate or faint
- Begin working on techniques
- Body position is very important
- Walk with purpose and execute rigid
- Walk ons and offs are important

Ending of class
- Final stretching
- Review what they did today
- Questions
- departure