

Marissa Garza

Ballet Pedagogy

Jessica Fay

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Level Three Exercise

Name of exercise: Center: Adagio - Développé

Music: (*Album, title*): *Ballet Class Music: The Great Ballets, Vol. 5 ; Adage I (Giselle)*

performed by Nate Fifield

Time Signature: 3/4

Learning Objective: to learn the movement of a fouetté, prioritizing the hip movement

Creative explanation: swans - even through the bottom feet are working very hard, the upper body should be fluid.

Cautionary Reminder: to not move the toes, rather the heel. It helps when you think “elevé to fouetté”

Notes: (if applicable): The combination should be performed starting with a tendu and then the leg at 45 degrees.

Starting position: fifth position, arms en bras

Preparation: bring the arms to first en avant, to second position.

R - right, L - left, HoH - hands on hips, US - upstage, DS-downstage

Measures	Counts	Steps with arms
1	1, 2-3	Draw the R leg to cou-de-pied, slide the R foot up the L knee (brings arms down to en bras and up to first position)
2	1-2, 3	Continue to slide the foot up the knee, R retiré (arms should be arriving in first position en avant)
3	1-3	Extend the R leg à la seconde to point tendu (get the lengthening feeling) (open to second position arms)

4	1, 2, 3	Repeat measure 3 (open to second position arms)
5	1, 2-3	L foot Élevé, fouetté to arabesque (both arms should straighten and move to a second arabesque)
6	1-3	Continue to fouetté to arabesque (both arms should straighten and move to a second arabesque)
7	1-2, 3	Failli through R, close L foot to first position (arms en bras)
8	1-3	Slide the L foot to fifth position (arms en bras)
9	1, 2-3	Draw the L leg to cou-de-pied, slide the L foot up the R knee (brings arms down to en bras and up to first position)
10	1-2, 3	Continue to slide the foot up the knee, L retiré (arms should be arriving in first position en avant)
11	1-3	Extend the L leg à la seconde to point tendu (get the lengthening feeling) (open to second position arms)
12	1, 2, 3	Repeat measure 3 (open to second position arms)
13	1, 2-3	R foot Élevé, fouetté to arabesque (both arms should straighten and move to a second arabesque)
14	1-3	Continue to fouetté to arabesque (both arms should straighten and move to a second arabesque)
15	1-2, 3	Failli through L, close R foot to first position (arms en bras)
16	1-3	Slide the R foot to fifth position (arms en bras)