

Ballet Barre Warm Up Review

1. Five Basic Ballet Positions on working leg
2. Close to fifth in front
3. Releve in balance (5th)
4. Pivot turn towards the barre
5. Five Basic Ballet Positions on working leg
6. Close to fifth in front
7. Releve in balance (5th)
Tend to breathing, body alignment and ballet posture while completing those
8. In first position on working leg:
 - a. Demi plies (8)
 - b. Grande Plies (2)
 - c. 8 count releve in balance
9. In second position:
 - a. Repeat plie / releve sequence above
10. In third, fourth and fifth position:
 - a. Repeat plie / releve sequence above
11. Close front in fifth
12. Releve in balance
13. Pivot turn towards the barre
14. REPEAT demi / grande plie and releve sequence for five positions on the other working leg
15. Close front in fifth
16. Releve in balance
17. Pivot turn towards the barre
18. Tendu's En Croix (Stretched / Extended leg in the shape of a cross – front, side, back, side) – (8)
19. Degage's En Croix (Disengage) – (8)
20. Pique En Croix (Prick) – (8)
21. Close to front in fifth
22. Releve to balance in fifth
23. Pivot turn towards the barre
24. Repeat Tendu / Degage / Pique En Croix (8 each)
25. Close to front in fifth
26. Releve to balance in fifth
27. Pivot turn towards the barre
28. Battments (Front, Side, Back) on working leg
29. Close front in fifth
30. Releve in fifth
31. Pivot turn towards the barre
32. Battments (Front, side, back) on working leg
33. Close front in fifth
34. Releve in fifth
35. Pivot turn towards the barre
36. Stretch toward the barre / away from the barre / forwards / backwards / towards the barre (both sides)