



**Level I Technique:** Circle each number when the class has mastered the step

Highlight when it is being taught. It is best to teach it in the order given. 1&2 should be focused on in each class. Work on developing stretch in each class.

- 1. Basic arm position. 1st, 2nd & 3rd. Focus on resistance and placement**
- 2. Isolation work. Head, shoulder, ribcage & hip. A basic understanding of how each part works separately.**
- 3. 3 step turn. Start with just 3 steps, clap then add a turn.**
- 4. Pivot turn. Step right Pivot left then repeat to make a full turn. 5. Basic spotting technique. Stand facing mirror slowly with small steps turn right 4x focusing front and using whipping motion to complete spot, then reverse.**
- 6. Pas de bourree. Stay low in plie, knees bent, arms extended in a long second. Start with the rhythm then add the pattern**
- 7. Pirouette en dehors. Stand with feet parallel, knees bent on ball of back foot, push off back foot into passe with releve and then go back to the starting position. Repeat 3x then turn, step forward and reverse.**
- 8. Simple grand battement. Holding onto the barre one foot at a time step kick, step kick straight down the barre.**
- 9. Simple standing leaps. In place, jump from one foot to the other. Then forward and back and side to side.**
- 10. Running grand jetes. Prepare with one foot back, 4 runs into continuous leaps across the floor.**
- 11. Simple assembles. 3 walks, brush through first, assemble feet together in the air, land on 2 feet. Reverse.**
- 12. Pas de bouree turning. 3 facing front, then on the last one turn en dehors staying low, arms in demi 2nd.**