

Ballet (Dance Fundamentals)

Skills Test #1

3pts.

5pts.

<p><b>Positions of the feet (1-5)</b>                  *placement of feet                  *turn-out</p>		
<p><b>Positions of the arms (1, 2 &amp; 5)</b>                  *placement of arms                  *body alignment</p>		
<p><b>Plie</b>                  *Knees over toes                  *turn-out                  *body alignment</p>		
<p><b>Tendu</b>                  *straight legs                  *body alignment                  *turn-out                  *sliding to a point ON the floor</p>		
<p><b>Degagé</b> (disengage)                  *straight legs                  *body alignment                  *turn-out                  *2 inches OFF floor/return to a point</p>		
<p><b>Balance</b>                  *Triplet (plie, releve, releve)                  *turn-out                  *crosses in back                  *level change                  *correct arm placement</p>		
		<p>Total Points: /30 points</p>