

Terminology



feature stretch

Fairy Taps

Extend leg out with a straight leg and pointed toe. Gently and slowly tap toe on the ground. When you are balance, you can lift arms up and down like you're flying through the sky like a fairy. Repeat with other leg.

main activity

Ballet Walks

Walking with toe first and heel last. Toe touches the ground first and heel follows, also touching the ground before taking your next step with the opposite foot.

Step/Passe

Step and then slowly lift leg up, gently touching toe to inside of your knee. Be careful not to push your bent knee (passe) onto your supporting leg.

Tippy Toe Walks

Rise up to Releve (on tippy toes) and walk on your toes. Eyes up and forward. Chin slightly lifted and shoulders down to help keep you balanced.

across the floor

Side Chasses

Facing either right or left, chasse (like a skip or gallop) as you continue to face side. Repeat on the other side.

Directional Kicks

Begin facing front and kick front, step kicking side, step turning back and kick back, step kicking other side, and turn back front to repeat