

PREBALLET CLASS VOLUME 3

- 1 SKIPS FAST
- 2 SKIPS MEDIUM
- 3 MARCHING*
- 4 MARCHING

FLOOR EXERCISES

- 5 FEET REPEATED
- 6 TURN OUT – TURN IN REPEATED
- 7 RELAX AND STRETCH REPEATED
- 8 RELAX AND STRETCH REPEATED

TECHNICAL EXERCISES

- 9 TURN OUT – TURN IN REPEATED
- 10 PLIES* REPEATED
- 11 RISES REPEATED
- 12 TENDUS REPEATED
- 13 SWAYING REPEATED
- 14 GRAND BATTEMENT IN 4/4* REPEATED
- 15 PORT DE BRAS* REPEATED
- 16 POINT-LIFT-STEP REPEATED
- 17 JUMPS 6/8 REPEATED
- 18 JUMPS 2/4 REPEATED
- 19 JUMPS IN 6/8 (LIGHT) REPEATED

CIRCLE OR DIAGONAL

- 20 GALOPS
- 21 POLKA*
- 22 POLKA
- 23 PONY TROTS
- 24 ELEGANT WALK
- 25 WALKING WITH DIFFERENT SPEEDS
- 26 TRAIN WITH STOPS*

- 27 RUNNING ON TOES (SHORT)*
- 28 RUNNING ON TOES (SHORT)
- 29 RUNNING ON TOES (LONG)*
- 30 RUNNING ON TOES (LONG)
- 31 CLAPPING WITH DIFFERENT SPEEDS

IMAGINATIVE IDEAS

- 32 FROG LEAPS*
- 33 FROG LEAPS*
- 34 KANGAROO
- 35 OWL (HEAD, WINGS)
- 36 HEN*
- 37 DUCK*
- 38 RABBIT
- 39 DINOSAUR*
- 40 DINOSAUR
- 41 DWARF*
- 42 SAILOR*
- 43 RAG DOLL*
- 44 MAGICIAN*
- 45 WITCHES*
- 46 JACK IN THE BOX
- 47 MAKING PHOTOGRAPHS*
- 48 RUN AND SHOW POSITION
- 49 CHARACTER
- 50 CANCAN*
- 51 MAN WITH WOODEN LEG
- 52 FIRE*
- 53 SMOKE
- 54 REVERENCE OR BOW

- WITH SOUND EFFECT