



Welcome to the Ballet Theater

Welcome to the theater of performing arts! Today we will be learning some basic ballet moves!



0 1 2 3 4 5 6

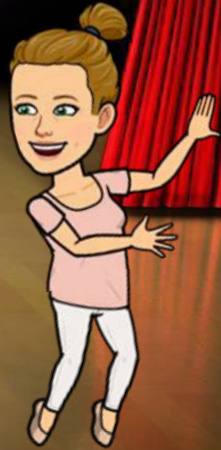


Ballet Etiquette

1. Show respect towards yourself and others
2. Be patient with yourself if this is new to you
3. Work hard for each round of exercises
4. Try your best!

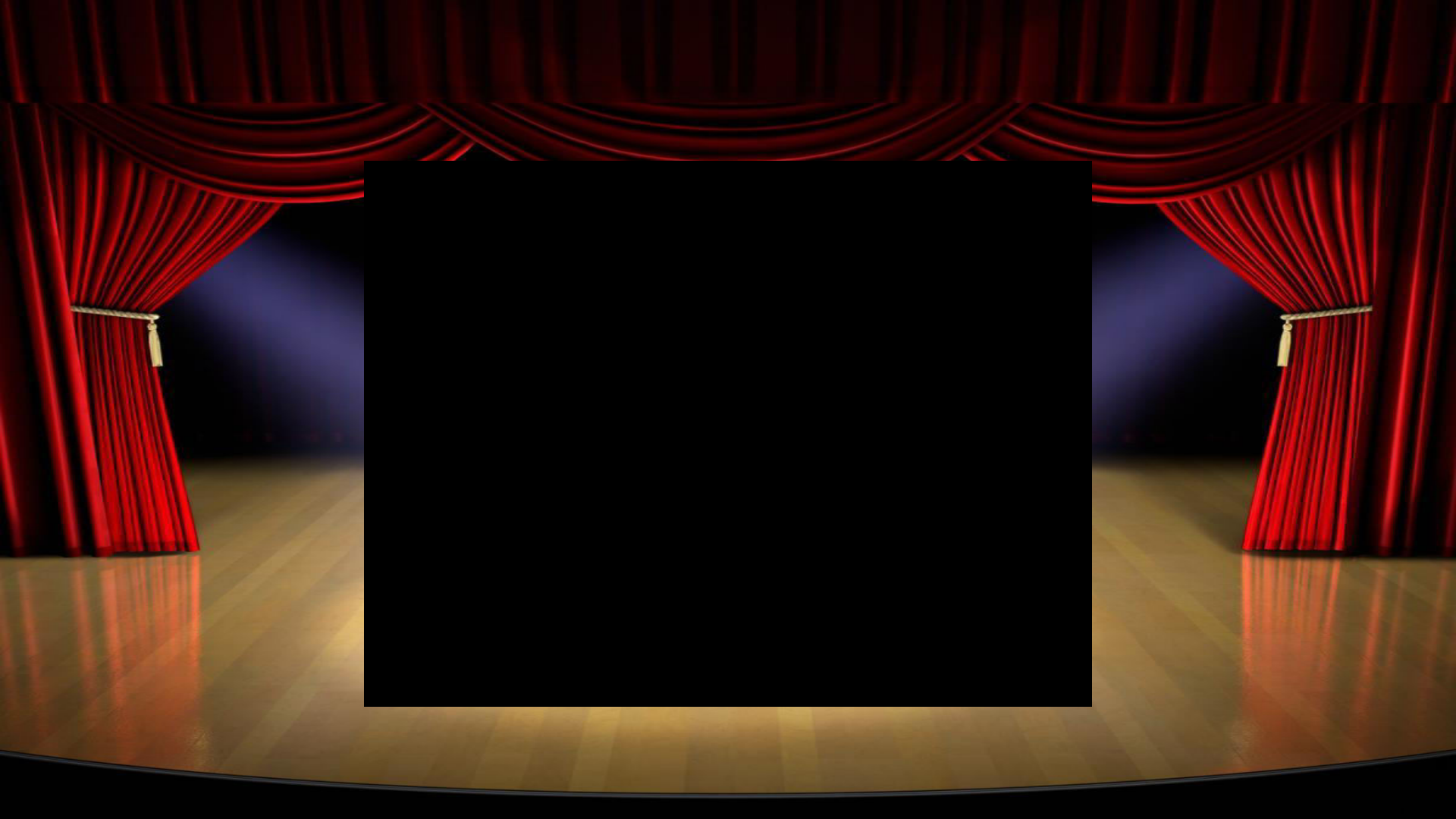


0 1 2 3 4 5 6



*Time to
Warm-up*





1st Position

27



REST

2nd Position

27



REST

3rd Position

27



REST

4th Position

27



REST

5th Position

27



REST

2nd Position Side to Side

27



REST

4th Position
Side to Side

27



REST

5th Position into Forward Bend

27



REST

1st Position
to
2nd Position

27



REST

4th Position to
5th position

27



REST

3rd position to
4th position to
5th position

27



REST

Arm Down,
Arm Up in Front of Body,
Arm Out to Side

27



REST

Arm Over Head,
Down in Front of Body,
Out to Side

27



REST

Tendu

27



REST

Plié

27



REST

Relevé

27



REST

Bourrée Turn

27



REST

Time to Cool Down



Cool Down



*Congratulations!
You're a star!*

