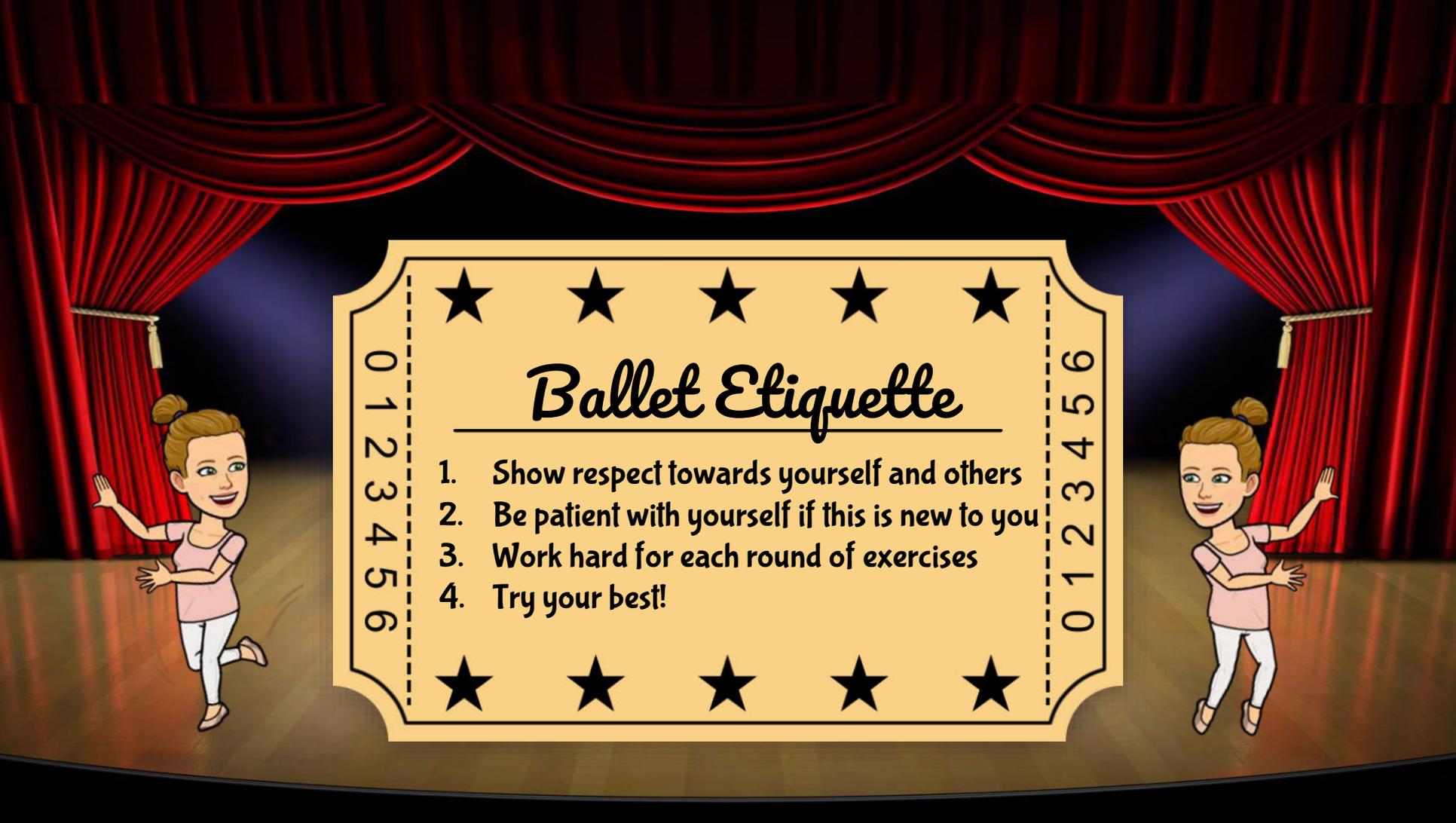




# Welcome to the Ballet Theater



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



# *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!



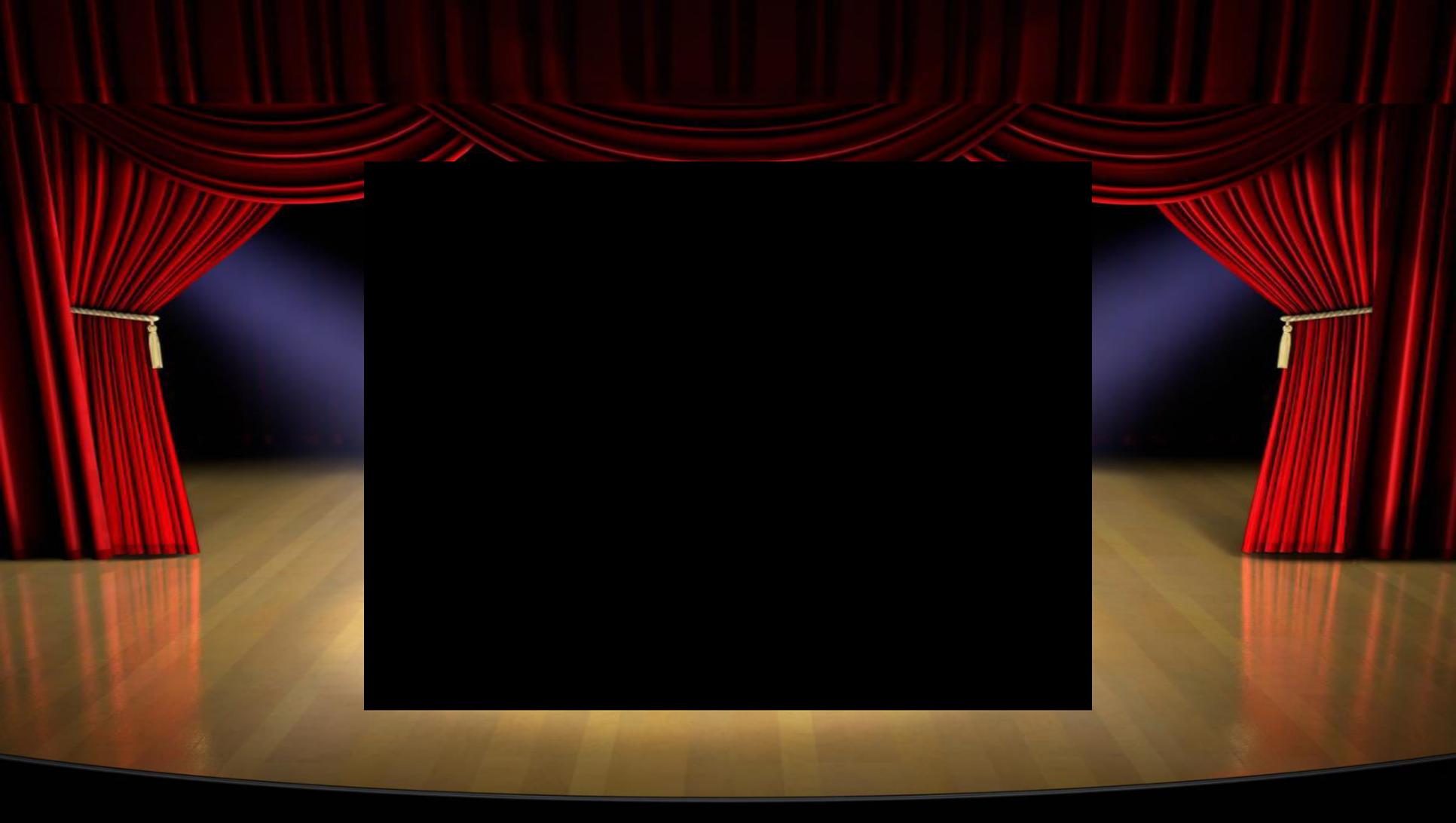
0  
1  
2  
3  
4  
5  
6

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*

The image depicts a stage with rich red, vertically pleated curtains. The curtains are pulled back on both sides, revealing a light-colored wooden floor with a diagonal grain pattern. In the center of the stage, there is a large, solid black rectangular area. Above this black area, a dark brown horizontal banner contains the text "Cool Down" in a white, elegant cursive font. The background behind the curtains is a soft, out-of-focus blue light.

*Congratulations!  
You're a star!*

