



Turning Pointe Dance Studio Studio

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Advanced Foundation Syllabus

Barre

- Pliés
- Battements tendus
- Battements jetés and battements glissés
- Rond de jambe a terre
- Battements fondus and ronds de jambe en l'air
- Battements frappes and petits battements serrés
- Adage
- Grands battments and grands battements en cloche

Centre

- Port de bras
- Centre practice and pirouettes
- Pirouette enchainement
- Adage
- Allegro 1
- Allegro 2
- Allegro 3
- Allegro 4

Pointe

- Rises
- Relevés and poses
- Echappés relevés and emboites

- Courus and poses
- Pirouettes

Variations

- Variation 1
- Variation 2

Reverence