



Turning Pointe Dance Studio Studio

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Grade 1 Syllabus

- Warm-Up
- Legs and arms
- Port de bras
- Demi-pliés
- Transfer of weight
- Walks
- Sautés
- Petits jetés and spring points
- Gallops
- Springs
- Step hop and parallel assemblé
- Dance A
- Dance B
- Dance C
- Dance D
- Révérence