

TEACHING TIPS FOR TECHNIQUE

by

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FABULOUS FEET

- Sitting on floor
 - Pointing & flexing feet and ankles – Say “flex / point”
 - Foot circles
 - Write the alphabet with feet
- FOOT CIRCLES - Laying on back with legs slightly bent over hip bones
 - Circle ankles – 8X R, 8X L, 8X outside, 8X inside (repeat once strength is built)
 - Articulation of feet: flex, ball of foot, point, ball of foot, flex – REPEAT
 - Flex & point spreading toes
- Relevés
 - Parallel 1st, turned out 1st, turned out 2nd, parallel 2nd
 - Balance in 2nd
 - Toe Grabs in first position - Curl in toes as though picking something off the floor, spread toes flat, Relevé 1st and lower
 - Balance in 1st position looking R, L, up, & down while maintaining a high relevé with the arms in 5th
- Across the floor warm-up of feet
 - 4 prances (small leaps working the foot through the floor, toe-ball- heel), 4 jumps in first positions
 - (REPEAT with 4 jumps in 5th position changing directions)

SHOULDERS

- Isolations
 - Shoulder rolls alternating shoulders
 - Lifting shoulders up and down alternating shoulders and then both together
 - Warm-up & lengthen neck – tilt head to the side and lift the opposite arm up flexing the hand (i.e. tilt R, lift L arm flexing L hand)
- “I don’t know / you know” - Carriage of upper body
 - With your body tell me the answer to _____ (a difficult question that they will not know the answer to; therefore, they shrug their shoulders then put them down)
 - “I don’t know / You know” - Make connections with people in the room saying the phrase

PLIÉ

- Does NOT mean bend at the knees – bending of the leg and is initiated from the hip socket flowing through the entire leg
- Floor Barre
 - Laying on back with legs parallel up to the ceiling and feet flexed – turn out from hip sockets 1, bend from the hips keeping the heels over the hip bones 2,

straighten knees and point feet 3, turn parallel and flex feet 4 – REPEAT in 2nd position

- Laying on back with legs parallel on the floor and feet pointed – turn out from hip sockets 1, flex feet and pull legs up to a first position with feet “on walk” 2, Straighten legs and point feet 3, turn legs parallel 4 – REPEAT in 2nd position

PIROUETTES

- Passé Party - at a ballet barré or against the wall - Stand in parallel 1st position
 - #1 – height of passé (strengthen the poas muscle) - Lift the outside leg up to passé, pulse the knee up to the chest repeatedly for at least 16 counts
 - #2 – Increase relevé & strengthen balance – hold leg in passé at the knee and relevé at least 16 times
 - #3 – Hold the leg in passé and balance for at least 16 counts
 - REPEAT on other leg & REPEAT turnedout
- CENTER: Tendu, prep, balance R – go immediately to L – REPEAT with singles & doubles
- ACROSS THE FLOOR:
 - ¼ R, ½ L, ¾ R, single L – REPEAT facing back starting on L
 - Cross ball change, cross ball prep, pirouette (balance, single, doubles)

CHAINÉS

- Across the floor – relevé 2nd close to 1st - Move to turning the chaîné

PIQUÉS

- Across the floor – piqué prep
- Reach further past the extended supporting leg in order to maintain a straight supporting leg

AXLE

- Chainé fan
- Chainé fan with a sauté
- Chainé fan with passé
- Chainé axle

PUTTING IT ALL TOGETHER TURN COMBO

- 8 Cross ball change 1-4 prep 5-6 double pirouette 7-8
- 8 2 chainés, 2 piqués 1-8

PARTNER WALL STRETCH

EXTENSION DEVANT

- #1 person back against the wall, #2 lifts #1 leg
- #1 resist against #2's hands for 8cts at 45 degrees, 90 degrees, shoulder level, and face
- #2 stretch #1's leg as far as possible to the nose

EXTENSION DERRIERE

- #1 person faces wall with hands on the floor and back against the wall, #2 lifts #1's leg
- #1 resist against #2's hands for 8cts at 45 degrees, 90 degrees, low penché, and 180 degree
- #2 stretch #1's leg as far as possible to 180 degrees

BATTEMENTS

- Center – Begin parallel tendu R 2nd with plié on supporting leg: Step cross front battement 2nd L 1-2, Pas de bourrée battement R 2nd 3-6, Pas de bourrée battement front 7-2, prep 3-4, pirouette 5-6, recover to repeat other side 7-8

JETÉS

(Straightening of back leg, increasing height in jeté, control and power of plié)

- Add to warm-up
 - Tendu arabesque – tendu derriere 1, lift leg to degagé 2, higher 3, close 4 (REPEAT)
- Floor barre exercises
 - Swimming – lay on stomach and lift opposite arm as leg slowly and increase the tempo
- Across the floor - Jeté Jamboree
 - Piqué Arabesque (Back leg in Arabesque straight & use of plié) – Walk R, Walk L, Piqué arabesque R, roll through plié while maintaining arabesque (REPEAT on LEFT)
 - Chassé battement – (increase height of jeté) – Chassé R, brush the back L leg through 1st up to 90 degrees as the bottom R leg sauté (REPEAT ALTERNATING LEGS)
 - Battement Derriere across the floor – brush battement derriere alternating legs moving across the floor – keep arms in 2nd for balance
- Chassé step passé jump, chasse step saut de chat, step touch - REPEAT
- Coupé sauté 3Xs and jeté – ALTERNATE LEGS

SWITCH LEAPS

- Across the brush front back front step – with an even tempo and then with a syncopation
- Run 2X and brush sauté
- Run 2X brush front back sauté very small
- Make sure the plié right before the leap is STRONG and DEEP

RUSSIANS/TOE TOUCHES

- Sitting in 2nd on the floor - Pulse 1 leg up 16 Xs, switch legs, Both legs up & down slowly
- Partner: perform a toe touch with 1 person holding on to the waist of the other person
- ACROSS THE FLOOR “Bunny Hop”: 4 sautés parallel 2 toe touches
- RUSSIAN ROULETTE
 - Glisside, pas de chat down to runner’s lunge R&L
 - Glisside, Russian pas de chat down to runner’s lunge R&L
 - Glisside, Russian down to runner’s lunge R&L
- Tombé pas de bourrée Russian – alternating sides – begin with a student and have them cross each other
- NOTE: Prepare in turned out 5th position NOT parallel 5th after the tombé pas de bourrée

LEAP & TURN COMBO – PUT IT ALL TOGETHER

Place students in 4 corners and have them move in their groups around the room

- Chassé step jeté, step jeté, step Russian, turn out of it
- 2 walks, battement R, step front, pencil turn bring front foot to the back, prep
- Pirouette, jump 2nd, close parallel, coupe 3X and jeté

CHALLENGE COMBO

- 8 Piqué R1-2, Piqué R3-4, Soutenu R5-6, Soutenu R7-8
- 8 Tombé pas de bourrée Russian R 1-4, Step out of Russian 5-7, Piqué arabesque R 8
- 8 Step across RL to back R corner 1-2, Chassé entournaut 3-4, Chainé double attitude leap to the floor 5-8
- 8 Roll 1-2, Kick ball change prep 3&4, Double pirouette 5-6, Lame duck 7-8
- 8 Chainé axle 1-3, drag L foot to the back 4, Run LRL 5&6, Sauté 2nd 7, land coupé contraction 8

MEMORY - LEARN A COMBINATION BY WATCHING

- Teach a combination without calling the counts or explaining the movements – make sure the movements fall into an 8 count phrase
- Play a variety of music and tempos