

FRIDAY BALLET AND TAP

PLEASE BEGIN WITH WARM UP AND STRETCH (ALL CLASSES) WORKSHEET

At the Barre

- Plies
- Tendus
- Ronds de Jambe
- Developpe
- Grands Battements (kicks)

In Center & Across the Floor

- Arm exercise
- Jumps (4 in 1st position, 4 in 2nd position)
- Chainé Turns
- Pique Turns (step 4 turns)
- Gallops
- Skips
- Leaps

Tap

- Ankle rolls
- 8 toe taps alternating feet
- 8 heel taps alternating feet
- 8 heel toe together
- 4 shuffles each side
- 8 digs each side
- Cramp rolls
- Heel , toe, toe
- Toe hot step

Across the Floor

- Gallops
- Heel toe walks
- Flaps
- Slap backs

