

**Ballet 1 Syllabus**  
**(\*\* Pre-ballet away from Barre)**

**Terms and movements to be learned and mastered before going into Ballet 2.**

**At the barre:**

- Positions 1<sup>st</sup>-5<sup>th</sup> \*\*
- Demi pli  1<sup>st</sup>-5<sup>th</sup> \*\*
- Grande pli  1<sup>st</sup>-5<sup>th</sup>
- Battement tendue from 1<sup>st</sup> \*\*
- D  gag   from 1<sup>st</sup>
- Piqu   \*\*
- Pass   \*\*
- Elev   in all positions \*\*
- Relev   in all positions
- Port de bras \*\*
- Rond de jambe    terre (through 1<sup>st</sup> position)
- Sous-sus
- Grande battement \*\*
- Arabesque \*\*
- En Croix (front, side, back, side)

**Center:**

- Adagio (Pass   into arabesque, ballet walks, etc)
- Pass   from 1st & 5th
- Relev   1<sup>st</sup>, 2<sup>nd</sup>, 5<sup>th</sup>
- Pas de bourr  e (back, side, front to 5<sup>th</sup> and to coup  )
- Saute' 1<sup>st</sup>, 2<sup>nd</sup> 5<sup>th</sup> \*\*
-   chapp   saute' (first into second) \*\*
- Changement \*\*
- Balanc   (side, back, front) \*\*
- R  v  rence \*\*
- Pirouette en dehores – preps and single (tendue to 4<sup>th</sup> demi pli   to pass  )

**Across the floor and from the corner of the room:**

- Chain   (step turn)
- Grande jet   (straight leg leap) \*\*
- Piqu   pass  
- Ballet walks (toe heel) \*\*
- Pas de chat \*\*
- Glissade
- Chass   \*\*

## **Ballet 2 Syllabus (\*\* learned in 2+)**

**Terms and movements to be learned and mastered before going into Ballet 3.  
Dancers will continue to execute movements learned in Ballet 1 and add the following terms and movements in class.**

### **At the barre:**

- Détourne' \*\*
- Échappé relevé \*\*
- Coupé
- Cambré
- Grande rond de jambe en l'air
- Rond de jambe en l'air
- Développé \*\*
- Passé releve'
- Circular port de bras \*\*
- Dégagé from 5<sup>th</sup>
- Relevé fouetté \*\*
- Temps lié

### **In the center and across the floor:**

- Bouree
- Soubresaut
- Singles and 1 ½ pirouettes en dehoes from 4<sup>th</sup> and 5<sup>th</sup>
- Échappé sauté (Fifth into second)
- Body positions
  1. Croisé devant
  2. Croisé derriére
  3. A la quatrième devant \*\*
  4. A la quatrième derriére \*\*
  5. Écarté devant \*\*
  6. Écarté derriére \*\*
  7. Effacé devant \*\*
  8. Effacé derriére \*\*
  9. A la seconde
- Sissonne fermée (landing closed in 5<sup>th</sup> on 2 feet)
- Piqué tour en dedans
- Piqué arabesque
- Alternating chassé
- Jeté \*\*
- B+ \*\*

### **Ballet 3 Syllabus**

**Terms and movements to be learned and mastered before going into Ballet 4.  
Dancers will continue to execute movements learned in Ballet 1 and 2 adding the following terms and movements in class.**

#### **At the barre:**

- Frappé
- Frappé en demi pointe (foot pointed)
- Sur le cou-de-pied
- Attitude
- Fondu
- Balançoire
- Head positions

#### **In the center and across the floor:**

- Pas de basque
- Tombé
- Promenade
- Contretemps
- Soutenu
- Fouetté sauté
- Assemblé
- Échappé sauté battue
- Pirouette en dedans single and en dehors doubles from 4<sup>th</sup> and 5<sup>th</sup>
- Promenade (arabesque, attitude)
- Balancé en tournant
- Pas de bourrée en tournant
- Waltz turns
- Body positions
  1. Épaulé devant
  2. Épaulé derrière
- Sissonne: Landing open on one foot (front, back)
- Sissonne fermée (landing closed in 5<sup>th</sup> on 2 feet)
- Saut de chat (flick leap)

## **Ballet 4 Syllabus**

**Terms and movements to be learned and mastered before going into Ballet 5.  
Dancers will continue to execute movements learned in Ballet 1, 2, and 3 adding the following terms and movements in class.**

### **At the barre:**

- Fouetté prep and tour
- Frappé en demi pointe (foot flexed to pointed)
- Arabesque relevé
- Attitude relevé
- Frappé battue

### **In the center and across the floor:**

- Double piqué tour en dedans
- Saut de basque
- Fouetté sauté
- Temps levé
- Piqué arabesque tour
- Piqué attitude tour
- Royale
- Cabriole
- Assemblé battue (beaten)
- Entrechat
- Double pirouette en dedans and triple en dehoes from 4<sup>th</sup> and 5<sup>th</sup>
- Emboîté

## **Ballet 5 Syllabus**

**Terms and movements to be learned and mastered before going into Ballet 6.  
Dancers will continue to execute movements learned in Ballet 1, 2, 3 and 4 adding the  
following terms and movements in class.**

### **At the barre:**

- Batterie

### **In the center and across the floor:**

- Fouetté tour
- Lame duck
- Penché
- Entrechat cinq
- Ballonné
- Manége
- Tour jeté
- Balance on one foot without the barré en demi pointe holding the opposite leg in different positions (passé, arabesque, attitude front, side or back)
- Allegro

## **Ballet 6 Syllabus**

### **Terms and movements to be learned in Ballet 6.**

**Dancers will continue to execute movements learned in Ballet 1, 2, 3, 4 and 5 adding the following terms and movements in class.**

#### **At the barre:**

- Adagio
- Fondu releve´
- Hand and heel stretch

#### **In the center and across the floor:**

- Fouetté tour to other landing positions (4<sup>th</sup>, lunge, knee...etc)
- Grande pirouette à la seconde
- Penché
- Triple piqué tour en dedans
- Brisé
- Pas faille
- Tour jeté landing to other positions (4<sup>th</sup>, lunge, knee...etc)
- Renverse´

## Lyrical 1 Syllabus

**Terms and movements to be learned and mastered before going into Lyrical 2.  
Student will do a variety of combinations in counts of 8 in the center and across the floor.**

### Warm-up:

- Positions 1<sup>st</sup>-5<sup>th</sup>
- Demi pli 1<sup>st</sup>-5<sup>th</sup>
- Grande pli 1<sup>st</sup>-5<sup>th</sup> (at the barre)
- Tendue from 1<sup>st</sup>
- Piqu 
- Battement tendue from 1<sup>st</sup> (at the barre)
- Elev  in all positions
- Relev  in all positions
- Port de bras
- Rond de jambe   terre (through 1<sup>st</sup> position)
- En Croix (front, side, back, side)
- Stretches
- Lunges
- Splits

### Center:

- Saute' 1<sup>st</sup>, 2<sup>nd</sup> 5<sup>th</sup>
-  chapp  saut  (first into second)
- Balanc  (side, back, front)
- R v rence
- Pirouette en dehores – preps and single (tendue to 4<sup>th</sup> demi pli  to pass )
- Chass  ball-change

### Across the floor and from the corner of the room:

- Grande battement (front, side, and back)
- Triplet walks
- Chain  (step turn)
- Pas de bourr e (back, side, front and to coup )
- Grande jet  (straight leg leap)
- Piqu  Pass 
- Ballet walks (toe heel)
- Chass 

## **Lyrical 2 Syllabus (\*\* learned in 2+)**

**Dancers MUST be enrolled in a ballet class at GPD.**

**Terms and movements to be learned and mastered before going into Lyrical 3.**

**Student will do a variety of combinations in counts of 8 in the center and across the floor.**

### **At the barre:**

- Développé
- Passé relevé
- Attitude
- Relevé fouetté
- Fouetté prep and tour \*\*
- Arabesque relevé
- Attitude relevé

### **In the center and across the floor:**

- Arch-ups
- Coccyx balances \*\*
- Falls to the floor
- Triplet turns
- Soutenu
- Battment tendue from 5<sup>th</sup>
- Échappé relevé
- Fouetté sauté \*\*
- Pirouette en dehorses doubles
- Échappé sauté (Fifth into second)
- Piqué tour en dedans
- Piqué tour en dedans double \*\*
- Piqué arabesque
- Piqué arabesque tour \*\*
- Attitude relevé \*\*
- Alternating chasse
- Pas de bourrée turns ( ½ and whole)
- Pas de bourrée spiraling upper back \*\*
- Pilé chainé
- Fan kicks \*\*
- Lay-outs \*\*
- Saut de chat \*\*
- Fish flop \*\*

### **Lyrical 3 Syllabus**

**Dancers MUST also be enrolled in a ballet class at GPD.**

**Terms and movements to be learned and mastered in Lyrical 3.**

**Student will do a variety of combinations in counts of 16 and more in the center and across the floor.**

#### **At the barre:**

- Développé releve´

#### **In the center and across the floor:**

- Lateral and flat backs
- Coccyx balance turns
- Falls to the floor
- Triplet turns with directional change
- Pirouette en dehoes triple
- Échappé sauté (fifth into second)
- Piqué tour en dedans double
- Piqué arabesque tour 1 and a half
- Attitude tour
- Fan kick to releve´
- Lame duck
- Hinge (en demi pointe and over the toes)
- Pike
- Illusions
- C-jumps
- Turning C jumps
- Jete´ back attitude
- Tilted grande battement
- Center leap

## **Jazz 1 Syllabus (\*\* Jazz combo classes)**

**Terms and movements to be learned and mastered before going into Jazz 2.**

**Student will do a variety of combinations in counts of 8 in the center and across the floor.**

### **Warm up:**

- Demi and grande plié (1<sup>st</sup>-5<sup>th</sup>)
- Tendue (from 1<sup>st</sup>)
- Flex and point\*\*
- Body isolations (head, shoulders, ribs, hips) \*\*
- Elevé
- Relevé
- Stretches \*\*
- Lunges
- Splits
- Around the world

### **In the center and across the floor:**

- Grande battements (front, side, and back, pointed and flexed) \*\*
- Grapevine \*\*
- Jazz hands \*\*
- Jazz square (box)
- Pivot turn
- Paddle turn
- Cross touch with arms \*\* (Jazz combo no arms)
- Pas de bourrée with arms
- Kick ball change \*\*
- Chasse' ball-change
- Pirouette preps
- Passé

### **From the corner of the room and across the floor:**

- Chassé (front and side) \*\*
- Chainé (step turn)
- Grande jeté (straight leg leap) \*\*

## **Jazz 2 (\*\* learned in 2+)**

**Terms and movements to be learned and mastered before going into Jazz 3. Dancers will continue to execute movements learned in Jazz 1 and add the following terms and movements in class. Student will do a variety of combinations in counts of 8 and 16 in the center and across the floor.**

### **In the center and across the floor:**

- Développé
- Relevé in all positions
- Jazz splits
- Knee turns
- Single pirouettes en dehores
- Relevé passé
- Relevé fouetté \*\*

### **Across the floor:**

- Pas de bourrée turns ( ½ and whole) \*\*
- Plié chainé \*\*
- Triplet walks
- Piqué passé
- Cross ball-change with arms
- Saut de chat (flick leap) \*\*
- Tuck jumps
- Chassé step Grande jeté \*\*
- Stag leaps
- Alternating chasse
- Shoulder rolls \*\*
- Soutine \*\*

### **Jazz 3 Syllabus**

**Dancers MUST also be enrolled in a ballet class at GPD.**

**Terms and movements to be learned and mastered before going into Jazz 4.**

**Dancers will continue to execute movements learned in Jazz 1 and 2, and add the following terms and movements in class.**

#### **In center and across the floor:**

- Pencil turns
- Fouetté sauté
- Piqué arabesque
- Falls to the floor
- Toe touches
- Á la seconde leaps
- Saut de chat
- Attitude
- Double pirouettes en dehores
- Leaps to the floor
- Fouetté prep and tour at the barre
- Piqué passé tour
- Layouts
- Pas de bourrée spiraling upper back
- Triplet turns
- Saut de chat (flick leap)
- One and a half turns (a type of pas de bourrée turn)

## **Jazz 4 Syllabus**

**Dancers MUST also be enrolled in a ballet class at GPD.**

**Terms and movements to be learned and mastered before going into Jazz 5.**

**Dancers will continue to execute movements learned in Jazz 1, 2 and 3, and add the following terms and movements in class.**

### **In center and across the floor:**

- Axel turns
- Piqué arabesque tour
- Piqué attitude tour
- Triple pirouettes en dehores
- Fouetté tour
- Grande pirouettes
- Tour jeté
- Leaps out of turns
- Lame duck
- Hitch kick
- Switch leap
- Fish flop
- Tilted grande battment
- Lateral and flat backs
- Piqué tour en dedans double
- Center leap

## **Jazz 5 Syllabus**

**Dancers MUST also be enrolled in a ballet class at GPD.**

**Terms and movements to be learned and mastered in Jazz 5. Dancers will continue to execute movements learned in Jazz 1, 2, 3, and 4, add the following terms and movements in class.**

### **In center and across the floor:**

- Axel turn lay out to the floor
- 1 and a half piqué arabesque tour
- 1 and a half piqué attitude tour
- Grande pirouettes
- Grande pirouette à la seconde
- Pitch kick
- Turning Disk (Chainé that leads into a toe touch)
- Switch-center leap
- Illusions
- Directional change leaps
- Toe touch
- Piqué tour en dedans triple
- Jete´ back attitude

**Tap 1 Syllabus (\*\* Tap combo classes)**  
**Terms and steps to be learned and mastered before going into Tap 2.**

**Warm up:**

- Ankle rolls
- Toe tap combination \*\*

**Center Floor:**

- Shuffle \*\*
- Shuffle ball-change \*\*
- Flap (slap) \*\*
- Paradiddles (dig, spank, toe, heel) \*\*
- Hustle (toe, heel, toe, heel, toe, heel, dig or toe tap) \*\*
- Single military time step
- Lindy (flap with chasse ball change)
- Chug
- Dig \*\*
- Tip (point) \*\*
- Spank

**Across the floor and from the corner:**

- Traveling flaps
- Flap-heel
- Flap-heel-heel
- Cramp rolls (forward and backward)
- Buffalo
- Drawbacks (toe, spank, heel)
- Shuffle stomp \*\*
- Irish (forward and backward) \*\*
- Double irish (shuffle ball-change, irish) (forward and backward)

## **Tap 2 Syllabus**

**Terms and steps to be learned and mastered before going into Tap 3.**

**Students will continue to execute steps learned in Tap 1 and use them with the following terms steps in combinations in counts of 8 or 16 in the center and across the floor.**

### **Center floor:**

- Riff
- Single maxi-ford
- Single buck time step
- Double buck time step
- Double-toe buck time step
- Three-point riff
- Four-point riff
- Slurp
- Flam
- Pirouette preps and single pirouettes en dehores
- Shirley temple

### **Across the floor and from the corner:**

- Buffalo combination (3 buffalos, flap, stomp, stomp)
- Double buffalo step
- Flap ball-change
- Flap-heel ball-change
- Flap-heel turns
- Flap-heel-heel turns
- Flap ball-change turns
- Crossover drawbacks
- Drawbacks to the side
- Double cramp roll

### **At the barre and center floor:**

- Toe stands

### **Tap 3 Syllabus**

**Terms and steps to be learned and mastered before going into Tap 4.**

**Students will continue to execute steps learned in Tap 1 and 2, and use them with the following terms steps in combinations in counts of 8 or 16 in the center and across the floor.**

#### **Center floor:**

- Double maxi-ford
- Triple buck time step
- Double-triple buck time step
- Five-point riff
- Double pirouettes en dehores
- Back essence
- Bell jump
- Double maxi-ford
- Trenches
- Paddle turn

#### **Across the floor and from the corner:**

- Triple buffalo
- Maxi-ford turns (tip in back)
- Double-toe buffalo
- Click buffalo
- Irish turn
- Triple cramp roll (shuffle cramp roll)

#### **At the barre and center floor:**

- Pullbacks
- Wings
- Syncopated toe stands
- Single toe turns

## **Tap 4 Syllabus**

**Terms and steps to be learned and mastered before going into Tap 5.**

**Students will continue to execute steps learned in Tap 1, 2 and 3, and use them with the following terms steps in combinations in the center and across the floor.**

### **In the center and across the floor:**

- “Nick” step
- Syncopated wings
- Syncopated pullbacks
- Triple pirouettes en dehores
- Double toe turns
- Single leg toe stands
- Single leg pullbacks
- Single leg wings
- Traveling time steps
- Crossover pullbacks
- Maxi-ford turns (tip in front)
- Double back essence
- Bombershay
- Backward traveling flaps
- Cincinnati
- Scissor
- Over the top

## **Tap 5 Syllabus**

**Students will continue to execute steps learned in Tap 1, 2, 3, and 4, and use them with the following terms steps in combinations in the center and across the floor.**

### **In the center and across the floor:**

- Single pullback tip
- Irish pullback tip
- Switching wings
- Switching pullbacks
- Reverse cramp roll
- Wing tip
- Crossover wing
- Shuffle pullback
- Toe-tip dig bombershay

## **Hip Hop 1 Syllabus**

**Terms and movements to be learned and mastered before going into Hip Hop 2  
Student will do a variety of combinations in counts of 8 in the center and across the floor.**

### **Warm up:**

- Body isolations (head, shoulders, hips, ribs)
- Grand pli  (2<sup>nd</sup>)
- Stationary slides (scoop arms)
- Stretches
- Lunges

### **Across the floor:**

- Flexed foot grande battement
- Walks with swagger (or attitude)
- Pas de bourr e (end in lunge)
- Slide touch
- Cross touch
- Kick, cross, touch (forward and backward)
- Heel-toe, step
- Grande jet  (straight leg leap)

### **In the center and across the floor:**

- X-jump
- Tuck jump
- Pivot turns
- Grapevine

### **Center floor:**

- Donkey kicks
- Knee slides
- Paddle turns
- Knee turns
- Jazz square (emphasize bent knees and the bounce)
- Pirouette preps
- Pass 

## **Hip Hop 2 Syllabus**

**Dancers MUST also take a jazz class at GPD.**

**Terms and movements to be learned and mastered before going into Hip-Hop 3.**

**Dancers will continue to execute movements learned in Hip-Hop 1 and add the following terms and movements in class. Student will do a variety of combinations in counts of 8 and 16 in the center and across the floor.**

### **Warm up:**

- Stationary slides (using upper body and shoulders, switching heels)
- Throw back
- Around the world

### **Across the floor:**

- Kick ball-change (emphasize level changes, flex foot on the kick)
- Kick step out
- Pas de bourrée turn (end in lunge, level changes)
- Chainé

### **Center floor:**

- Donkey flips
- Body rolls
- Tuck jump (landing down, leg out)
- Coffee grinders
- Single pirouettes en dehores (landing in grand plié 2<sup>nd</sup> & lunge forward)
- Shoulder rolls
- Jazz splits

## **Hip Hop 3 Syllabus**

**Dancers MUST also take a jazz class at GPD.**

**Dancers will continue to execute movements learned in Hip-Hop 1 and 2, and add the following terms and movements in class. Student will do a variety of combinations in 16 or more in the center and across the floor.**

### **Warm Up:**

- Stationary slides (using upper body and shoulders, switching heels)
- Lean back

### **Across Floor:**

- Catch & throw
- Pas de bourrée turn (end in lunge, level changes)
- Kick, step, out (add arms)

### **Center Floor:**

- Body rolls using heels in all directions
- Rotating coffee grinders (both legs)
- Double pirouettes en dehores (landing in grand plié 2<sup>nd</sup> & lunge forward)
- 6-step
- Stalls
- Kip-up to back bend