

M 7 Classical Dance 2

Training

Continuation of daily training based on contents from Module M1 with repetitions of known elements in larger combinations and faster tempi, among others turns in grand poses, pirouettes with different starting points fix or in motion and battu ending on one foot. Grand allegro combinations will be worked on.

Floor barre

Floor barre exercises from Module M1 will be broadened and deepened.

Pas de Deux

Classical and neo-classical elements in partnering such as supported poses, balance and off-balance, turns, lifts as well as the coordination between partners will be explored. We will work on classical and neo-classical repertoire.

Men: extending and deepening of pas de deux elements from Module M1.

Point Work (women)

Increasing stability on point and strengthening of the legs and feet for instance by grande sissone ourverte in all directions and postures in motion, pas tombé from pose to pose at 90°.

Furthermore, tour piqué dehors and dedans across the diagonal, tours fouettés, hops on points and early variations of the classical repertory will be taught.

Training for men

Practice of techniques for turns in grand poses and multiple pirouettes, technical refinement of the battu. Widening the range of big jumps stressing the volume of motion and attack. This course will be complemented by weight training.