

## BALLET | TECHNIQUE

### center floor (no barre)

- Point Feet
- Flex Feet
- Parallel position
- First Position
- Plie
- Tendue
- Port de Bras
- Marching w/pointed toes
- Ballet Walks
- Skips
- Passe
  - In front of mirror – Turned out
  - Across floor – in parallel
- Eleve walks (tippy toe)
- Emboites (buffoons)
- Chasses – to side – chasing
- Low Battements
- Leap across river – with 2 feet & alternating feet
- Jumps in 1st

## TAP

### center floor (no barre)

- Ball tap
- Heel tap
- Toe Tap
- Steps (balls of feet)
- Stamp (whole foot w/weight)
- Hop
- Jump
- Ball Steps
- Heel Steps
- Toe Steps
- Shuffle (Paint Floor)



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  - In front of mirror – Turned out
  - Across floor – in parallel
- Eleve walks (tippy toe)
- Emboites (buffoons)
- Chasses – to side – chasing
- Low Battements
- Leap across river – with 2 feet & alternating feet
- Jumps in 1st
- Jumps in 2nd

## TAP

### center floor (no barre)

- all tap
- Heel tap
- Toe Tap
- Steps (balls of feet)
- Stamp (whole foot w/weight)
- Hop
- Jump
- Ball Steps
- Heel Steps
- Toe Steps
- Ball Heel (walking)
- Tightrope walk (crossing one foot in front of the other)
- Shuffle (Paint Floor)
- Shuffle hop
- Shuffle toe back
- Shuffle step
- Flap – INTRO: brush, step

