

Ballet Class at a Glance

The order of a class, what the dancers do, and what to play for each exercise. A reminder to keep on the piano. Order and details vary between teachers and schools.

I. *At the barre*

roughly the first half of class, one hand on the barre

EXERCISE	TIME	CHARACTER	SUGGESTED PIECES FROM THE CATALOGUE
01 Pliés Bending the knees to warm the legs.	4/4 3/4	Broad, legato, sustained	White Swan adagio · Swan Lake Grand pas de deux adagio · The Nutcracker Prelude (Op. 28 No. 7) · Les Sylphides 13 pieces in the full list
02 Battements tendus Stretching the foot along the floor.	2/4 4/4	Clear, even, bright	Spanish Dance · Swan Lake Dance of the Mirlitons / Reed Flutes · The Nutcracker Kitri's entrance · Don Quixote 13 pieces in the full list
03 Battements jetés / dégagés Tendus that brush just off the floor.	2/4	Quick, light, staccato	Czardas · Coppélia Dance of the Cygnets / Little Swans · Swan Lake Chinese Dance Tea · The Nutcracker 9 pieces in the full list
04 Ronds de jambe à terre The foot draws half-circles on the floor.	3/4	Flowing waltz, lilting	Waltz of the Flowers · The Nutcracker Valse lente · Coppélia Waltz · Les Sylphides 11 pieces in the full list
05 Battements fondus Both legs bend and stretch together.	4/4 3/4	Soft, melting, legato	Black Swan adagio · Swan Lake Grand pas de deux adagio · The Sleeping Beauty Shades adagio · La Bayadère 10 pieces in the full list
06 Battements frappés Quick strikes of the foot from the ankle.	2/4	Sharp, accented	Dance of the Cygnets / Little Swans · Swan Lake Chinese Dance Tea · The Nutcracker Espada / Toreadors · Don Quixote 11 pieces in the full list
07 Adage at the barre Slow développés and ronds de jambe in the air.	4/4 3/4 6/8	Lyrical, singing	Panorama · The Sleeping Beauty Arabian Dance Coffee · The Nutcracker Pas d'action · La Bayadère 7 pieces in the full list
08 Grands battements Big, controlled throws of the leg.	4/4 3/4	Strong, lifted: march, polonaise, mazurka	Czardas / Hungarian Dance · Swan Lake Grand Pas Hongrois / Palotás · Raymonda Dance of the Knights · Romeo and Juliet 14 pieces in the full list
09 Stretching & cambré Stretches and back bends to finish the barre.	3/4 4/4	Calm, broad	Apotheosis / Finale · The Sleeping Beauty Valse lente · Coppélia Mazurkas · Les Sylphides 6 pieces in the full list

II. In the centre

away from the barre: balance and turns

EXERCISE	TIME	CHARACTER	SUGGESTED PIECES FROM THE CATALOGUE
10 Centre adage Slow balance and control without the barre.	4/4 3/4	Slow, expressive, grand	Rose Adagio · The Sleeping Beauty Black Swan adagio · Swan Lake Grand pas de deux adagio · The Nutcracker 14 pieces in the full list
11 Pirouettes Turns, usually in retiré.	3/4 2/4	Clear downbeats, on time	Odile variation · Swan Lake Aurora variation · The Sleeping Beauty Kitri variation · Don Quixote 14 pieces in the full list

III. Jumps (*allegro*)

from small to big; land on the count

EXERCISE	TIME	CHARACTER	SUGGESTED PIECES FROM THE CATALOGUE
12 Petit allegro Small quick jumps such as sautés.	2/4 6/8	Light, bouncy, quick	Pas de trois variations · Swan Lake Bluebird variation · The Sleeping Beauty Shades variations 1–3 · La Bayadère 15 pieces in the full list
13 Batterie & medium allegro Beaten jumps and sissonnes.	2/4 6/8	Crisp, springy	Jester's dance · Swan Lake Bluebird pas de deux coda · The Sleeping Beauty Basilio variation · Don Quixote 12 pieces in the full list
14 Grand allegro Big travelling jumps across the floor.	3/4 6/8 2/4	Big, soaring: give air at the top	Polonaise · The Sleeping Beauty Black Swan coda fouettés · Swan Lake Grand pas de deux coda · The Nutcracker 21 pieces in the full list

IV. Pointe

for pointe students; often a separate class

EXERCISE	TIME	CHARACTER	SUGGESTED PIECES FROM THE CATALOGUE
15 Pointe work Relevés, échappés and bourrées on pointe.	2/4	Delicate, precise, pizzicato	Black Swan coda fouettés · Swan Lake Aurora variation · The Sleeping Beauty Dance of the Sugar Plum Fairy · The Nutcracker 11 pieces in the full list

V. Révérence

the closing bow

EXERCISE	TIME	CHARACTER	SUGGESTED PIECES FROM THE CATALOGUE
16 Révérence A bow to thank the teacher and the pianist.	4/4 3/4	Slow, dignified, warm	Finale / Apotheosis · Swan Lake Apotheosis / Finale · The Sleeping Beauty Final waltz & apotheosis · The Nutcracker 8 pieces in the full list

At the piano

- 1 Watch the demonstration. Count it, and note the meter, the speed and where the accents fall.
- 2 Give an introduction. Usually four counts or two bars, so the dancers can prepare on the "and".
- 3 Phrase in eights. Exercises are built in 8-count phrases; the second side repeats the same music.
- 4 Keep the tempo steady. Change it only when the teacher asks.
- 5 Match the step. Legato for pliés and adage, crisp for tendus and frappés, lift for jumps.