



Here is a list of **MOST** of the steps we do in our dance classes. Our monthly lesson plans incorporate these steps into fun combinations, steps across the floor, and other activities in class.

### **Ballet Steps**

**Positions of the feet:** first, second, third, fourth, fifth

**Port de bras:** carriage of the arms - a movement or series of movements made by passing the arm or arm through various positions.

**Cambré (ice cream scoop):** carry arms and top of body to the floor; come up reaching arms up over head and arching back

**Grand plié:** a full or complete bending of the knees

**Demi plié:** a half-bending of the knees

**Dégagé:** In between a tendu and a grande battement, the foot slightly leaves the floor.

**Tendu:** pointing the foot while keeping contact with the floor

**Changement:** Literally "changing". A jump in which the feet change positions in the air (typically done in fifth position).

**Rond de Jambe:** (Paint a rainbow on the floor) - the working leg/foot draws a semi-circle on the ground

**Passé:** lifting the foot to the opposite knee

**Arabesque:** standing on one leg and the other leg is extended to the back

**Rélevé :** standing on balls of feet

**Echappé:** a small jump starting in 1<sup>st</sup> position, opening to 2<sup>nd</sup> position and back to 1st

**Chassé:** one foot literally chases the other foot out of its position (like a gallop)

**Glissade :**to glide- a moving step that involves a dégagé with each leg- one foot leads and the other follows (looks like a small sideways leap!)

**Pirouette:** whirl or spin - a complete turn on one foot

\***Pas de Chat** step of the cat- a moving step where both legs are picked up through passé

\***Since Pas de Chat is too technical for the young dancers, we teach our own version called a Kitty Leap! Kitty Leaps are done across the floor using hands as kitty paws. Instead of turning the legs out and using passé, the dancers pick their legs up in front of them, one at a time. A Pas de Chat, but inverted!**

### Jazz Steps

**Ball Change-** one foot in front, one foot in back; step back and forth

**Leg switches-** one foot in front, one foot in back; jump up and switch feet, landing with the opposite foot in front

**Step dig-** step apart, bring other foot in and dig toes into the floor. Alternate feet either in place or across the floor

**Bunny hops-** hop across the floor using hands as bunny ears, paws, or a tail. Can also be done in Tap

#### **(No name steps):**

-Jump apart raising hands over head, touch the floor, push feet out behind you, then bring them in. Repeat

-Jump apart, cross, spin (sometimes we call it "the mummy" because of the way we cross our arms and legs!)

**Jazz Square-** Step front on one foot, then cross with the other, then step back, and side (front, cross, back, side, making the shape of a square)

**Kicks-** in place or across the floor; front, side, and back are learned

#### **Leaps:**

- back kick with a hop

-Split leap (we also call them puddle jumps or reindeer leaps)

**Pivot Turn-** one foot is anchored to the floor while the other foot steps front, then we turn to face the back of the room; step again and turn to face the front

**Rainbow-** stand with legs apart, reach arms up in an arc like a rainbow, put hands on one knee and bounce, repeat on the other side

**Toe touches-** touch toes of 1 foot to the front, then step together; continue switching feet

**Heel step-** touch heel to the floor somewhere between the front and side, then step together; continue switching feet

## **Marches**

### **Shakes**

## **Tap Steps**

**Toe taps-** tap toes to the front, side, and back. I usually have the dancers count 7 toe taps, then step together, repeat on other foot, and do front side, back on each foot

**Heel step-** Touch heel to the front or side, step together

**Heel-toe-step-** touch heel to the front (somewhere between front and side), then tip of toe to the back. No brushing is involved. Dancers also like to do "heel-to-away we go!" with marches at the end.

**Heel-spank-step-** touch heel to the front, brush foot back, step

**Ball Change:** Alternately weight on the balls of the feet from each foot. (Back, front)

**Shuffle-** brush foot front and back

**Irish-** shuffle on one foot, hop on the other, then step

**Flap-** brush, then tap toe to the front. Can be done in place or across the floor

**Maxie Ford-** step on the right foot, shuffle with the left, "leap" (jump) to the left foot (weight changes from right to left foot), tap the tip of the right toe on the floor

## **Marches**

### **Bunny hops**

## **Tumbling mat**

To add variety to our classes, we will use a tumbling mat 1-2 times per month as a fun way to end class!

**Somersault-** Front or back flip; be sure to tuck the chin to chest

**Bridge-** begin laying on mat with knees bent and hands by head, then lift stomach up

**Banana roll-** lay widthwise on the tumbling mat and roll down the mat trying not to let hands or feet touch (a great way to learn to use core muscles. Note: log rolls are substituted for banana rolls for our younger dancers!)

**Rocking horse-** lay on stomach, reaching back and holding feet. Dancer looks up to the ceiling and rocks back and forth

**Balancing-** standing on one foot, putting other leg and arms in various positions and holding it

**Note:** We do not allow dancers to do headstands in class due to the pressure it creates on the neck. We may help our older/advanced dancers with handstands and cartwheels.