

Ballet Magnificat! Compulsory Exercises

- Exercises should be filmed in a well-lit studio.
- Ladies: hair in a neat bun, pink tights and solid colored leotard preferred. No skirts, t-shirts, leg warmers, etc.
- Men: black tights and a tight-fitting white t-shirt.
- Please record barre work from the side and center work from the front. Some exercises are one side only, and some are both. Please film exactly as requested.
- Ballet Magnificat! uses Vaganova arm positions. When it says “arms in 3rd” it means the same as Cecchetti 5th.
- Please send to bmag.workshop@balletmagnificat.com in a digital format only (Dropbox, Google Drive, a private YouTube link, WeTransfer, or something similar).

Barre

<p>3/4 Waltz, slow Each position Takes 16 measures</p>	<p>Left hand on the barre only PLIÉ: to be done in 1st, 2nd, and 5th 2 Demi pliés 1 Grand plié Port de bras devant Relevé balance with arms in 1st, tendu next position (In 2nd, port de bras into the barre, relevé balance with arms in 2nd) (In 5th, grand port de bras en dedan, balance in sous-sus with arms in 3rd)</p>
<p>4/4 Moderately slow</p>	<p>Right hand on the barre only TENDU: Preparation 5th position Tendu close plié, Tendu close straight To be done 2 times in each direction – en croix Balance sous-sus with arms in 1st position</p>
<p>4/4 Moderate</p>	<p>Left hand on the barre only DÉGAGÉ: Preparation 5th position 4 degagé en croix 2 times through Balance with front foot Cou-de-pied front, arms 1st position</p>
<p>3/4 Slow</p>	<p>Right hand on the barre only RONDE DE JAMB A' TERRE: Begin 1st position, no preparation 3x Rond de jambe en-dehors, brush to tendu front 3x Rond de jambe en dedans, brush to tendu back En cloche to battement front 90 degrees or higher Passé to arabesque plié</p>

Brush through 1st to battement tendu front
Repeat en dedans with battement back passé développé devant in plié
Relevé in sous-sus, balance in retiré with arms in 1st

Moderate

Left hand on the barre only

FONDU: (all done en relevé to 45 degrees) Preparation tendu side
Fondu extend front, plié, demi rond leg side;
Fondu extend side, plié, demi rond leg back;
Fondu extend back, brush through 1st with plié to relevé devant,
Brush back through 1st with plié to relevé 2nd arabesque, close 5th, tendu side
Reverse entire combination, ending in sous-sus
Brush inside leg to attitude derriere, balance with arms in 3rd

Moderately quick

Right hand on the barre only

FRAPPÉ: preparation tendu side, prepare sur le cou-de-pied
Single frappé en croix 1 time
Double frappé en croix 1 time
Repeat en dedans
Petite battement 8 counts
Sous-sus balance arms 3rd, finish

Slow

To be executed on both sides, beginning with left hand on the barre

ADAGIO: preparation plié sous-sus 5th
Développé front, close 5th
Développé side, close 5th
Développé back, close 5th in relevé
Execute ½ turn away from barre, inside leg passé to arabesque
Penché in relevé, balance in arabesque
Repeat exercise from beginning on other leg

2/4 or 4/4
Moderate

To be executed on both sides, beginning with left hand on the barre

GRAND BATTEMENT: 5th position
2 grand battement en croix
Soutenu and repeat with other leg

Center

To be executed on both sides, beginning on the right

ADAGIO: Preparation 5th position (croisé devant)
Développé (croisé devant); Hold 2 counts
Grand rond de jambe en l'air to écarté devant; Hold 2 counts
Fondu derriere to 1st arabesque
Promenade en dedan to 4th arabesque
Lower to tendu
Execute double pirouette en dehors; finish in 4th position
Repeat to the left side

TENDU: Preparation 5th position croisé devant
2 tendu croisé devant
2 tendu croisé derriere
2 tendu croisé écarté (first one closing back, second one closing front plié)
Execute pirouette en dehors from 5th closing front
Execute pirouette en dehors from 5th closing back other side
Repeat to left side

TURN: From the upstage corners (travel on diagonal)
Preparation right foot tendu croisé derriere
Balancé right écarté devant (downstage)
Balancé left écarté derriere (upstage)
Tombé with right leg (effacé)
Pas de bourré to 4th croisé
Double pirouette dehors, land 4th croisé derriere, tendu
Repeat from beginning until you complete the diagonal
Repeat on the other diagonal

PETITE ALLEGRO: preparation 5th position en face, right foot front
2x changement de pied
1 sauté échappé changing feet
x3
Glissade right, no change
Jeté over
Step coupé under
Brush assemblé under
Repeat other side

GRAND ALLEGRO: Start upstage left corner
Tombé pas de bourré, glissade, grand jete développé,
Glissade, grand jete développé, step, piqué 2nd arabesque
Step step entrelacé, détourné over right shoulder to corner 8
Tombe (to the left) pas de bourré, glissade grand jeté (straight leg)
Repeat other side

ADDITIONAL POINTE WORK FOR WOMEN

BARRE

Slow music

Face barre:

Take 2 slow counts to rise to pointe & 2 slow counts back down, 2x
Execute this in 1st, 2nd, and 5th positions, demi plié, tendu back to 1st
Repeat all with other foot front in 5th

Slow music

To be executed on both sides, beginning with left hand on the barre

BALANCE: Begin 1st position

Relevé balance in 1st position with arms in 1st- 8 counts
Relevé balance in 2nd position with arms in 2nd- 8 counts
Relevé balance in 4th position with arms in 1st- 8 counts
Relevé balance in sous-sus with arms in 3rd- 8 counts

To be executed on both sides, beginning with left hand on the barre

Begin 5th position

1 tendu front, close to plié, sous-sus, lower
1 tendu side, close to plié back, sous-sus, lower
1 tendu back, close to plié, sous-sus, lower
2 echappé changé
Repeat en dedan

BALANCE ONE LEG: Face barre, begin sous-sus
Retiré right leg, balance 8 counts, close front
(Turn slightly to the right with left hand on barre)
Brush arabesque, balance 8 counts, close back, finish
Repeat all left side

CENTER

Preparation right foot front in 5th:
Échappé croisé 4th, close 5th
Échappé en face 2nd, close 5th back
Échappé croisé 4th (left), close 5th
Sous-sus
Repeat left
4 échappé en face 2nd
1 retiré passé, close back
Repeat other side

Diagonal: start upstage left corner (execute twice per side)
Bourrée with right foot front for 3 counts (traveling diagonally toward
downstage right corner
On count 4 close 5th plié effacé devant, piqué 1st arabesque, failli
Execute double pirouette, finishing 4th croise derriere
En cloche right leg to tombe devant, to repeat
(After pirouette finishes the second time, simply begin left side)

Preparation from the corner
4 piqué turns, 4 counts chainé, repeating all the way to the corner
Finish plié relevé 1st arabesque

ADDITIONAL MEN'S COMBINATIONS

To be done three times, beginning with right foot front,
then three times beginning with left foot front
2 changement
1 sous-sus, plié
1 Entrechat six

MEDIUM ALLEGRO: Preparation right foot back
Tombé pas de bourrée (traveling right)
Glissade (under), assemblé (over)
Tendu front leg second
Rond de jambe tendu to 4th position back, plié
Execute multiple pirouettes dehors
Repeat same side
Repeat other side twice

TOUR EN L'AIR: From the diagonal, preparation left foot front, right foot tendu back
Chassé en avant right, chassé en avant left
Right foot retiré passé assemblé front
Execute double tour en l'air en dehor, finishing right leg back
Execute 3x
Tendu right foot to 4th position back, plié
Execute multiple pirouettes en dehor, finish to knee with right foot back