



Ballet Barre for Turns

Warm Up:

Theraband Flexion for Feet & Toes

(20 reps)

Sitting down, in proper posture sitting on the tailbone, zip belly and back up, squeeze shoulder blades down towards the tailbone to open up the collar bone and chest area. Extend and point foot through forced arch, curl toes to point, pull back to flex with curled toes and then open toes and flex.

Theraband Relevé Risers

(20 reps)

Use a short Theraband with double loop for feet to go through and stand with feet turned out and open wide enough to provide resistance, check posture (posture cues - zip front and back, squeeze shoulders in and down towards spine to open up neck and collar bone). From this position send energy from your hips down through your legs and into the ground, causing you to rise into Relevé. Hold one second in Relevé and then lower with control.

Tennis Ball Relevé Risers

(10-20 reps)

With feet facing forward, place tennis ball in between ankles, check your posture cues, pressing through the ground, raise up into Relevé, go into Plié Relevé forced arch, straighten legs back to Relevé and gently lower.

Ballet Barre:

Sequence #1: 1st, 2nd & 5th Position Foot/Toe Work

In each position, first check your posture cues and be aware of always pressing the working heel forward when in forced arch and when in point and when extending through Tendu, make sure all raisings of the leg are initiated from the hips, and on the support leg, energy travels down from the hips into the ground for stability, and on the working leg, likewise, the energy to raise the leg is coming from the hips.

Sequence #2: Plié and Port de Bras Work

During the Plié and Port de Bras section, focus on energy traveling from the hips down through the Plié and out over the knees, with the knees traveling over the toes, making sure to maintain the elongation of the front and back body in the Port de Bras.

Pay attention to the resistance in the Plié, the stretch in the calves and the elongation of the chest and neck. End each sequence in a Relevé hold.

Turns:

Plié in 5th Position - Snap to Coupé Relevé Hold

(5 each leg - 3 sec hold in Relevé)

Pay attention to “turn” posture, zipping up front and back to lift the belly and the back, while sending energy down from the waist into the ground to create the lift for the Relevé. To create the proper turn frame for the upper body, spread the shoulder blades apart by holding the arms like a big ball is being held. From Plié in 5th, snap up into a Passé hold, focus on sending energy down into the ground, making sure to keep your support heel pressing forward. Make sure to show control when lowering out of the hold and stepping in Plié, with your foot in front.

Passé Lowers

(Each Leg - 5 Reps Hands on Hips - 5 Reps Hands in Crown)

With hands on the hips to maintain hip balance, pay attention to posture cues and lift the working leg up to Coupé, then squeeze it up to Passé before raising up into a Relevé hold. Lower the heel and lower all the way back down, focussing on engaging the inner thigh lock and maintaining balanced hips throughout the exercise.

¼ Turn ½ Turn & Full Turn - In Passé Using Barre

(Showing Absolute Control)

Pay attention to posture cues before beginning, and then apply the step-in as well as the 4th position Plié to Relevé, ending in a Relevé 3-second hold. Make sure the support heel is turning, inner thighs are engaging, the zip up of front and back is happening and that the upper body is in the proper turn posture with shoulder blades spread, before releasing to a Plié. This is about control.

Leg Up, Attitude & Horizontal Turn Drills

Leg Up Turn Drill: With back to the barre and one hand on barre, Développé to above horizontal with arm in crown, then Plié and release the arm to the side while simultaneously lowering leg to horizontal, then kick across and complete a quarter turn, ending in Relevé.

Remember to focus on your posture cues, zipping up the front and back sides. As you lower into Plié and raise into Relevé, energy travels from the hips down into the ground, creating the compression for the Plié as well as the rise for Relevé. For the working leg, kick across with the heel leading and squeeze the inner thighs together, maintaining lift in front and back, as well as the turn posture. Realign your position at the end of the hold. To finish raise the leg showing control as you step forward and into Plié.

Attitude Turn Drill: Développé to Arabesque and repeat the same sequence as for the horizontal turn, instead doing an Attitude quarter turn from the Arabesque. Pay attention to and adjust all the same posture cues.

“Y” Turn Drill: Standing with the barre to your side, Développé to the side, then Plie and lower your arm and Relevé to quarter turn, grab ankle and pull leg up into “Y” position, release hand off barre and find your hold. Show control to step out in front. Pay attention to and adjust all the same posture cues.

¼ turn Drills: Repeat the three turn drills above, beginning from your turn position instead of Développé. (For “Leg Up” begin with your back to the barre)

End by giving thanks for a healthy body and the opportunity to use it!!!