Pointe I Syllabus:

|  |  |
| --- | --- |
| Rollover Exercise | Stand in first position facing barre. Right foot to demi pointe, roll full pointe, demi point, return to first position. 4x Right/4x Left |
| Sur Le Pointe Exercise | Stand in first position. Roll right toe to toe placement position. Transfer weight to R foot in releve. Bring left foot to cou de pied, maintain position. Lower right heel to floor in demi plie. Return to first position and reverse repeat. |
| Sur Le Pointe Exercise #2 | Stand in fifth position. Roll right toe to toe placement position. Transfer weight to R foot in releve. Bring left foot to fifth crossed, maintain position. Lower both heels to floor in demi plie. Return to fifth position and reverse repeat. |
| Pique – Plie Exercise | Stand in fifth position, R foot in front. Releve to souss-souss. Step on to R pique, close L to fifth behind. Repeat 4x, close L in front. Reverse repeat other side. |
| Releve Exercise | Stand in first position. Tendu right return to demi plie, tendu left, return to demi plie. Releve first, lower to demi plie. Repeat exercise also in fifth with alternating front leg. |
| Tendu with Releve en croix Exercise | Stand in fifth position. Releve to demi plie. Repeat. Repeat left side |
| Pique, First Position, Arabesque, Coupe Dessouss, Pas De Bourree Exercise | Left hand on the barre, standing in fifth right foot in front. Tendu Right front, arm in seconde, demi plie L, pique R to first arabesque. Coupe dessous L with ¼ turn to the barre, step on L to seconde position. Pas de bouree close fifth to other side. Reverse repeat. |
| Pique First Arabesque Finishing in Demi-Plie Arabesque, Raccourci, Pas De Bourree Dessous Exercise | Left hand on the barre, standing in fifth left foot in front. Pique L to first arabesque, demi plie single leg, releve on left. Raccourci R to cou de pied with ¼ turn to the barre, Pas de bouree on R close fifth to other side, R foot in front. Reverse repeat. |
| Pique Cou De Pied, Coupe Dessous, Pas De Bourree Dessous, Pas De Bourree Courru (Sur Place and Entournant) Exercise | Prepare fifth position, L foot in front. Pique L, R foot to cou de pied. Transition support to R leg, L cou de pied dessous. Pas de bourree dessous, demi plie a terre. Reverse repeat. |
| Pas De Bourree Courru Exercise | Facing barre in fifth position, R foot in front. Releve souss souss. Pas de bourees reverse and repeat |
| Releve in First, Seconde, Echappes, Single Releves Right and Left Exercise: | 16 releves in first. 16 Releves in seconde. 16 Echappes. 16 Releves on R, Left leg cou de pied desouss. Reverse repeat 16 releves on L. |