

Partnering and Features Syllabus

General Goals: to expand their technical training and increase their performance quality by introducing students to the beautiful art of partnering.

Skills Introduced:

- Finding center (passe, attitude devant/derriere, arabesque, penche)
- Assisted pirouettes/fouettes en dedans
- Finger turns
- Transitions from finger turns
- Promenades (passe, attitude devant/derriere, arabesque, penche)
- Assisted sautes (battus)
- Assisted glissade
- Assisted jete
- Assisted saute de chat/pas de chat
- Assisted tour jete
- Assisted Cabriole devant/derriere
- Tour jete to poisson
- Dips (Leaning, Elbow, Arm clasp)
- Cradle lift
- Pas de poisson (fish)
- Shoulder sit
- Bluebird
- Additional shoulder sits
- Back press
- Arabesque press
- One arm back press
- Angel
- Matching partner lines
- Blending between elements and combinations
- Matching partner timing

Classroom Etiquette to Introduce and Reinforce:

- Entering Class Ready to Dance
- Going straight to warm up (not playing on equipment)
- Shoes on, hair pulled back, no gum
- Using the bathroom before class only
- Raising their hands before sharing with the teacher or the class
- Trying all new moves introduced in class

Structure of Class:

The first 10-15 minutes of each class is dedicated to warming up the student and working on strength for both the ballerina and the cavalier. The next 15-30 minute section focuses on technique and mastering skills both center floor and across the floor. During the last 10 minutes a combination is taught, or recital choreography begins. It is important for our students to build the skills of learning and retaining choreography, as performance is the culmination of their technical training. The last 4-6 weeks before a performance, instructors may choose to shorten the technique portion, or omit it, in order to prepare and polish the routine.

Emphasis on Strength and Safety:

Students will work each week on conditioning their bodies for partnering. This involves making sure the ballerinas are engaged and balanced in their lifts and turns and also that the cavaliers are strong in both their core and lower extremities to lift and safely hold - to protect both the body of their ballerina and their own. All skills are first demonstrated with the ballerina by Mr. Matt and then carefully spotted as the ballerina attempts a lift with her cavalier.

Emphasis on Performance:

Students are expected to rehearse class routines outside of class. CenterStage offers many tools to do this, including uploading music and practice videos to our YouTube channel. During class, teachers may choose to have students perform their routine in groups or individually, to assess what the student knows and what they need to work on. A student's knowledge and execution of their routine will also affect their positioning in the dance (i.e.: students unsure of their routine may be placed in the second or third row). This is for their own comfort ability so that they can watch other students who are more confident in remembering their moves. Ultimately though, it is our goal that each student memorize their routine.

Reinforcement:

We emphasize positive reinforcement in class, using high fives, clapping/cheering, giving a hug/pat on the back, and offering praise to encourage good behavior and dance technique. If a student displays good behavior or work, we will often use them as an example for the class.