



#### Tendu from 1st Position/Track 4: "Old Town Road"

##### Preparation

- 1 - Tendu devant
- 2 - flex
- 3 - pointe
- 4 - close in 1st position
- 5 - Tendu
- 6 - lower in 4th
- 7 - Pointe
- 8 - close in 1st position
- 1 - Tendu devant
- 2 - carry side
- 3 - carry front
- 4 - close in 1st
- 5 - Tendu a la seconde (be)
- 6 - Tendu and close
- 7 - Tendu and close with p
- 8 - Stretch knees

MP3/MP2

\*Push side right away and

#### Tendu from 5th - Track

##### Preparation

- 1 - 2 Tendu devant in 2nd
- 3 - 4 and 3 counts close 5
- 5 - Tendu devant
- 6 - close 5th
- 7 - Tendu devant
- 8 - close 5th
- 1 - Tendu close 5th in 4
- 2 - flex
- 3 - Tendu close with c
- 4 - stretch knee
- 5 - close 5th and bend
- 6 - close 5th
- 7 - flex
- 8 - close 5th back

MP3/MP2

\*Balance in bluestud - off devant

## Advanced Ballet Combinations

to match tracks to the album:

*Dance from the 2020's, Volume 1 Andrew Hollenworth*

#### Warm Up (Facing Barre) "Toe-toe Slide"

- 1 - Drop your chin
  - 2 - 3 - 4 circle head to the right
  - 5-6-7-8. Make it an upper body circle
  - 1 - Right arm comes up to 5th
  - 2 - opens to second
  - 3-4. Port de bras over to the left
  - 5-6-7-8. Into a calf stretch with the right leg
- MP3/MP2
- 1 - 2 - 3 - 4 Grand Plié in 2nd position
  - 5 - 6 - 7 - 8 Grand Plié in 2nd position
- MP3 in 2nd
- 1 - Ready 1st
  - 2 - Stretch knees to full release
  - 4 - hold
  - 5 - 6 Balance
  - 7 - Plié
  - 8 - 4 - 5 - 6 - 7 - 8

#### Plié from 1st to 5th/Track 1: "Rolling Light"

##### Preparation

- 1 - Demi
- 2-4. stretch
- 5 - 6 - Demi
- 7 - 8 stretch
- 1 - 2 - 3 - 4 Plié roll through
- 5-6-7-8. Grand Plié in 1st position
- 1 - 2 heels to parallel & Port de bras all the way to the floor
- 3-4 left hand joins on the floor
- 5-6-7-8. play down
- 1 - 2 add plié
- 3-4-5-6. rolling up slowly back to first position
- 7-8. tendu to second position.

repeat in 2nd position with port de bras into the barre

repeat in 5th position with port de bras away from the barre

# Barre & Center

## 18 Combinations

# Guide For Combinations For A Ballet Class

**Puja Mehta**



## **Guide For Combinations For A Ballet Class:**

## **Guide For Combinations For A Ballet Class** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Guide For Combinations For A Ballet Class**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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