







Name: Samantha Forbes  
Level of exercise: Pre-ballet

**Title of Exercise:** Honey Port de bras

**Music:** Critters and Countries, “Candy Port de Bras”

**Time Signature:** 4/4

**Learning Objective:** how to move arms without rigidity from 5<sup>th</sup> position through demi seconde to bras bas and from first position through second down to bras bas. To learn how to stretch the back of their legs.

**Creative explanation:** putting jar of honey behind us (so the Winnie the Pooh can not see we are playing with his honey) rubbing the honey on hands, sticking them together, and pulling them apart to then wiping honey on the walls to create a flowing port de bras movement. For stretch students and hand and feet are stuck to floor with while they stretch up and try to lengthen legs.

**Story:** sneaking into Winnie the Pooh’s house and playing with his honey (port de bras) and then stretching up after exercise to get out of house. (whispering so Winnie doesn’t hear us)

**Cautionary Reminder:** To flow through positions of port de bras without rigidity, and to sit with a long-lengthened back.

**Notes:** Dancers will stay seated the entire exercise unless stated otherwise

**Starting position:** Sitting on feet with hands on hip and a lengthened back

**Preparation:** hold starting position for first 2 measures (first 8 counts)

Measures	Counts	Steps with arms
1	1-4	Pretend to dip hands in jar of honey behind back
2	5-8	Pretend to rub honey all over hands
3	1, 2-4	Clap or “stick” hands together over head, hold this position
4	5-7, 8	Slowly peel hands apart, arms in 5 <sup>th</sup> position
5	1-4	R arm travels slowly from 5 <sup>th</sup> position to demi seconde while L arm stays in 5 <sup>th</sup> position
6	5-8	R arm travels from demi seconde to bras bas while L stays in 5 <sup>th</sup> position
7	1-4	L arm travels slowly from 5 <sup>th</sup> position to demi seconde while right arm stays in bras bas
8	5-8	L arm travels slowly from demi seconde to bras bas while R arms stays in bras bas
9-16	1-8, 1-8, 1-8, 1-8	Repeat measures 1-8
17-18	1-8	Repeat measures 1-2
19	1, 2-4	Clap or “stick” hands together out in front of chest, hold this position
20	5-7, 8	Slowly peel hands apart, arms in first position
21	1-4	R arm travels slowly from first to second position while L arms stays in first position
22	5-8	R arm travels slowly from second position to bras bas while L arm stays in first position
23	1-4	L arm travels from first position to second position while R stays bras bas
24	5-8	L arm travels from second to bras bas while R arm stays bras bas

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25-32	1-8, 1-8, 1-8, 1-8	Repeat measures 17-24
33-34	1-8	Repeat measures 1-2
35	1-4	Rub honey on feet
36	5-6, 7-8	Pretend to stick right hand onto ground, and then stick left hand onto ground in front on knees in same sitting position
37	1-4	Get into crouch position with toe pads now on the floor and body is still at the same level as the exercises above
38	5-8	Leaving hands and feet “stuck” to the floor lengthen back of legs and stretch hips up to the ceiling
39-40	1-8	Hold stretch
		After music ends “unstick” R hand, then L hand, then R leg, and L leg and wipe/shake all the honey off (leave Winnie the Pooh’s house by tip toeing away)

Name: Samantha Forbes  
Level of exercise: Level 3

**Title of Exercise:** échappé sauté battu

**Music:** *Music For Ballet Class, "Petit Allegro 2"*

**Time Signature:** 4/4

**Learning Objective:** To understand the beating action of battu in an échappé sauté and relate a tight sous-sus to the battu in the air.

**Creative explanation:** I will first give them a reminder and they will practice échappé second, échappé sous-sus and I will explain (assuming I have explained this to them before) how échappé sous-sus is like your legs are being sucked up into a straw. This will make sure there is no space between their legs on the sous-sus. For the battu my creative explanation will be that the legs bounce off of each other like a ball bounces off the ground. The ball hits the ground and bounces right up with little effort, so the legs come all the way together like they are sucked up into a straw and then the legs immediately bounce off each other to separate.

**Cautionary Reminder:** The dancers must be careful not to hit their legs together. The legs should touch and come all the way together in battu, but it must be gentle.

**Notes:** The combination is at barre and the students should use the barre to help get off the floor and understand the movement. The barre should be placed to where they can see themselves in the mirror.

**Starting position:** 5<sup>th</sup> position right foot front arms bras bas

**Preparation:** 1-2 carry arms demi-second, 3-4 carry arms to bras bas, 5-7 place hands on barre, 8 plié in 5<sup>th</sup>

Measures	Counts	Steps with arms
1	1, 2, 3, 4	échappé sauté land in second plié, battu R foot front, échappé sauté land in second plié, battu right foot front
2	5, 6, 7, 8	échappé sauté second, battu R foot front, échappé sauté second, battu R foot front
3	1-2, 3-4	échappé sauté second, changement to 5 <sup>th</sup> R foot back
4	5-7, 8	Hold position, fondu R foot coupé derriere
5	1, 2, 3, 4	(pas de bourrée en relevé) step R leg back, L leg side, R leg front to 5 <sup>th</sup> relevé, fondu L foot in coupé
6	5-8	Reverse measure 5 (pas de bourrée to right)
7	1, 2-4	R coupé closes back in 5 <sup>th</sup> plié, sous-sus hold
8	5, 6, 7, 8	Plie from sous-sus, straighten, hold, plié (5 <sup>th</sup> R still in back)
9-16	1-8, 1-8, 1-8, 1-8	Reverse measure 1-8 starting with L foot front