

Natalie Willing

Level: intermediate/advanced

Name of exercise: Pirouette Enchaînement

Music: (*Christmas Movies for Ballet Class, Coda: Holiday Flight (From “Home Alone”)*)

Time Signature: 4/4

Learning Objective: To incorporate grande pirouette en dehors in 3rd arabesque in an enchaînement and execute it 2 different ways

Creative explanation: Dancers should think about that same gust of air from the temps lié at the barre in each TPDB. This feeling will make the combination more lively and fun to watch. Dancers should also think about being like a coin spun on a table in the grande pirouette en dehors in 3rd arabesque. The coin spins in one piece, and without a good preparation, it will fall over.

Cautionary Reminder: Don't forget that the first TPDB goes to fifth position, and the second two go straight to fourth.

Notes: (if applicable) All ballonnés are at 45-degree height. After the 1st group repeats the combination to the left, the 2nd group will do both sides.

Starting position: In upstage L corner, tendu R leg effacé derrière, arms demi-seconde

Preparation: 5-6, 7-8 hold tendu derrière, temps lié en arrière AST arms open through en avant to demi-seconde

Measures	Counts	Steps with arms
1	1, 2, 3, 4	Ballonné relevé effacé EA AST arms low 3 rd , Ballonné relevé effacé EA, R leg chasé relevé EA AST L leg arabesque AST arms first arabesque, failli AST arms demi-seconde
2	5-6, 7, 8	TPDB EA closing 5 th position croisé AST arms high 3 rd , L leg chasé EA AST R leg pointe tendue derrière AST arms port de bras through EA to open 3 rd arabesque, lower to 4 th position plié
3	1, 2, 3-4	Single grande pirouette en dehors in 3 rd arabesque, plié in 3 rd arabesque, pas de bourrée piqué en tournant en dehors AST arms demi-seconde
4	5, 6, 7, 8	4 th position croisé L leg front AST fondu L leg AST arms low 3 rd , pirouette en dedans with fouetté to retire AST arms ALS to en haut, plié 5 th position croisé L foot front AST open arms ALS, détourné ending sous-sus croisé R leg front AST arms EA
5	1, 2, 3, 4	Balancé de côté R AST arms low 3 rd , Balancé de côté L AST arms low 3 rd , piqué croisé en attitude EA AST arms high 3 rd , balancé en tournant AST arms EA
6	5&a, 6, 7, 8	TPDB EA AST arms high 3 rd , land in 4 th position fondu croisé AST arms second arabesque, pirouette en dehors AST arms en haut, land 4 th position lunge AST arms second arabesque

7	1&a, 2, 3, 4	TPDB EA AST arms high 3 rd , land in 4 th position fondu croisé AST arms second arabesque, single grande pirouette en dehors in 3 rd arabesque, land 4 th position lunge AST arms second arabesque
8	5-6, 7-8	Run to upstage R corner AST arms in demi-seconde, temps lié en arrière AST arms open through EA to demi-seconde
9-16	1-8, 1-8, 1-8, 1-8	Repeat measures 1-8 to L
17-32	1-8, 1-8, 1-8, 1-8, 1-8, 1-8, 1-8, 1-8	2 nd group repeats measures 1-8 to R and L

Abbreviation key

- R: Right
- L: Left
- AST: At same time
- TPDB: tombé pas de bourrée
- ALS: à la seconde
- EA: En avant