

DANC 292: ADVANCED BALLET I

Citrus College Course Outline of Record

| Heading | Value |
|-----------------------------|-------------------------------|
| Effective Term: | Fall 2021 |
| Credits: | 1 |
| Total Contact Hours: | 36 |
| Lecture Hours : | 18 |
| Lab Hours: | 18 |
| Hours Arranged: | 0 |
| Outside of Class Hours: | 36 |
| Prerequisite: | DANC 272. |
| District General Education: | E1. Dance Activity |
| Transferable to CSU: | Yes |
| Transferable to UC: | Yes - Approved |
| Grading Method: | Standard Letter, Pass/No Pass |

Catalog Course Description

A course in the upper advanced techniques of classical ballet for the purpose of performance level technique and strength. An intense study of movement vocabulary centered on individual style, strength, and technique. 18 lecture hours, 18 lab hours.

Course Objectives

- demonstrate various advanced techniques in classical ballet
- demonstrate an advanced knowledge of correct vocabulary in relationship to movement
- demonstrate an advanced knowledge of kinesthesia as it applies to classical ballet
- perform all front epaulement positions at an advanced level
- execute advanced level barre techniques and combinations
- execute advanced level center techniques and combinations
- perform advanced Petit and Grande allegros
- maintain an advanced level of awareness of the body as it pertains to classical movement

Major Course Content

1. Barre
 - a. Plie en pointe
 - b. Battement tendu en pointe
 - c. Battement Degage en pointe
 - d. Battement Frappe en pointe
 - e. Port de bras
 - f. Ronde de jambe; ronde de jambe en l'air, grande ronde de jambe en l'air
 - g. Developpe and Fondu en pointe
 - h. Battement cloche en pointe
 - i. Stretches of barre
 - j. Grand Battement en pointe
2. Center Floor

- a. Epaulement: AU front positions
 - b. Adagio and Promenade en pointe
 - c. Pirouettes en pointe
 - d. Petit Allegro en pointe
 - e. Balance
 - f. Fouette turns en pointe
 - g. Allegro
3. Ballet Combinations and Across the Floor
 - a. Chaîne, Piques, Emboite, and Pirouette turns en pointe
 - b. Jete, Assemble, Cabriole, pas de chat
 - c. Balance combinations
 - d. Jumps and leaps in combination
 - e. Grand allegro
 - f. Partnering for Danseur

Lab Content

1. Practice Progressive Exercises
 - a. Warm-up technique in practicum
 - b. Stretching in practicum
 - c. Floor Rehearsal of Basic ballet positions for balance, coordination
 - d. Low-impact aerobic exercises for toning, building stamina
2. Execution of Dance Forms
 - a. Dance combinations in practicum
 - b. Sustained movements in practicum
 - c. Jumps and turns in practicum

Suggested Reading Other Than Required Textbook

Dance Magazine Histories of ballet as an art form Biographies of famous ballet dancers or choreographers

Examples of Required Writing Assignments

Four page paper about ballet history, evolution of ballet, biographies of famous ballet dancers or choreographers

Examples of Outside Assignments

Practice in class Lab exercises

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab