

PLIE: LEVEL 1

Preparations - use the preparation that you are currently training

PLIE - EXERCISE #1 - 1st, 2nd, 3rd, 5th (1st & 2nd Timing)	Finished:	
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Begin Facing Barre. Prepare arms to barre in 4cts. *Train each foot position separately.

Counts:	Exercise Details:	CHECK-OFF:	
32cts	2x: Demi-plie (4cts), Hold (4cts), Stretch (4cts), Hold (4cts)	Barre:	Centre:
16cts	2x: Demi-plie (4cts), Stretch (4cts)	1st: ____	1st: ____
16cts	Coda: 4 walks a terre backwards away from barre (2cts per walk), 4 walks a terre towards the barre (2cts per walk) - Finish in 1st arms in preparatory (Note: when walking arms should be in preparatory allongee)	2nd: ____	2nd: ____
		3rd: ____	3rd: ____
		5th: ____	5th: ____

***Begin with feet in the foot position, arms prepare to barre**

PLIE - EXERCISE #2 -2nd (1st & 2nd Timing)	Finished:	
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Begin Facing Barre. Prepare arms to barre in 4cts. *Train each foot position separately.

Counts:	Exercise Details:	CHECK-OFF:	
32cts	2x: Demi-plie (4cts), Hold (4cts), Stretch (4cts), Hold (4cts)	Barre:	Centre:
16cts	2x: Demi-plie (4cts), Stretch (4cts)	1st: ____	1st: ____
16cts	Coda: 4 walks a terre backwards away from barre (2cts per walk), 4 walks a terre towards the barre (2cts per walk) - Finish in 1st arms in preparatory (Note: when walking arms should be in preparatory allongee)	2nd: ____	2nd: ____
		3rd: ____	3rd: ____
		5th: ____	5th: ____

***Begin with feet in the foot position, arms prepare to barre**

PLIE - EXERCISE #3 - 3rd (1st & 2nd Timing)	Finished:	
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Begin Facing Barre. Prepare arms to barre in 4cts. *Train each foot position separately.

Counts:	Exercise Details:	CHECK-OFF:	
32cts	2x: Demi-plie (4cts), Hold (4cts), Stretch (4cts), Hold (4cts)	Barre:	Centre:
16cts	2x: Demi-plie (4cts), Stretch (4cts)	1st: ____	1st: ____
16cts	Coda: 4 walks a terre backwards away from barre (2cts per walk), 4 walks a terre towards the barre (2cts per walk) - Finish in 1st arms in preparatory (Note: when walking arms should be in preparatory allongee)	2nd: ____	2nd: ____
		3rd: ____	3rd: ____
		5th: ____	5th: ____

***Begin with feet in the foot position, arms prepare to barre**

PLIE - EXERCISE #4 - 5th (1st & 2nd Timing)	Finished:	
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Begin Facing Barre. Prepare arms to barre in 4cts. *Train each foot position separately.

Counts:	Exercise Details:	CHECK-OFF:	
32cts	2x: Demi-plie (4cts), Hold (4cts), Stretch (4cts), Hold (4cts)	Barre:	Centre:
16cts	2x: Demi-plie (4cts), Stretch (4cts)	1st: ____	1st: ____
16cts	Coda: 4 walks a terre backwards away from barre (2cts per walk), 4 walks a terre towards the barre (2cts per walk) - Finish in 1st arms in preparatory (Note: when walking arms should be in preparatory allongee)	2nd: ____	2nd: ____
		3rd: ____	3rd: ____
		5th: ____	5th: ____

***Begin with feet in the foot position, arms prepare to barre**

PLIE - EXERCISE #5 - 1st & 2nd (2nd & 3rd Timing)		Finished:	
Begin Facing Barre in 1st. Prepare arms to barre in 4cts.			
Counts:	Exercise Details:	CHECK-OFF:	
16cts	1st position - 2x: Demi-plie (4cts), Stretch (4cts)	Barre:	Centre:
8cts	1st position - 2x: Demi-plie (2cts), Stretch (2cts)		
8cts	Tendu side (2cts), Hold (2cts), Lower in 2nd (2cts), Hold (2cts)		
16cts	2nd position - 2x: Demi-plie (4cts), Stretch (4cts)		
8cts	2nd position - 2x: Demi-plie (2cts), Stretch (2cts)		
8cts	Walk away from barre on demi-pointe and settle in 1st		
32cts	REPEAT COMBO IN CENTRE, THAN RETURN TO THE BARRE AND SETTLE IN 1ST		

PLIE - EXERCISE #6 - 3rd & 5th (2nd & 3rd Timing)		Finished:	
Begin Facing Barre feet in 3rd. Prepare arms to barre in 4cts.			
Counts:	Exercise Details:	CHECK-OFF:	
16cts	3rd position - 2x: Demi-plie (4cts), Stretch (4cts)	Barre:	Centre:
8cts	3rd position - 2x: Demi-plie (2cts), Stretch (2cts)		
8cts	Tendu side (2cts), Hold (2cts), Close 5th (2cts), Hold (2cts)		
16cts	5th position - 2x: Demi-plie (4cts), Stretch (4cts)		
8cts	5th position - 2x: Demi-plie (2cts), Stretch (2cts)		
8cts	Walk away from barre on demi-pointe and settle in 3rd		
32cts	REPEAT COMBO IN CENTRE, THAN RETURN TO THE BARRE AND SETTLE IN 3rd		

FINISH, THEN REPEAT ON OTHER SIDE

PLIE - EXERCISE #7 - Plie Pattern		Finished:	
Begin Facing Barre. Prepare arms to barre in 4cts.			
Counts:	Exercise Details:	CHECK-OFF:	
16cts	3 Demi-plies (2cts down, 2cts up for each), Tendu (2cts), Lower next position (2cts)	Barre:	Centre:
16cts	Repeat in 2nd		
16cts	Repeat in 5th		
8cts	Walk away from barre		
8cts	1st Port de bras		
64cts	REPEAT IN CENTRE, THEN RETURN TO THE BARRE AND SETTLE IN 1ST		