

Goals in Ms. Caroline's Class

Advanced Ballet:

Now that most of the basics of ballet are acquired, it is time to give a different quality to dancing by improving the fluidity, coordination, rhythm, energy of the movement. The goal is to master ballet technique, placement, turn out, flexibility, to be free to dance on stage, ready to adapt to its dimension, interpret a choreographer's work, and enjoy oneself without fears of falling or injuries.

Goals:

- Barre Work: emphasis on good placement and turn out for better balance and protection from injuries to the joints (ankle and knee injuries, hip problems), feet (plantar fascia) and back.
- Stretching: improvement of extensions, relaxing of neck and back, improvement of coup-de-pied.
- Center Work: work on port-de-bras and epaulements (arms, torso and head positions), work on musicality, pirouettes and petit allegro. We also want to learn more complicated exercises faster.
- Point work: more exercises in the center after short warm-up at the barre, work on choreography to integrate pointe work to dancier pieces – more risk taking!