

Petite Progressive Pointe Practice Sheet

		Mon	Tues (In Class)	Wed	Thurs (In Class)	Fri	Sat (In Class)
Plié, roll through forced arch, straighten en pointe, lengthen down with straight knees - 4 times in first, second, fifth on each side	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
achilles stretch							
Plié, straighten, relevé, lengthen down 2 slow, 4 fast - 2 sets each in first, second, and fifth on each side	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
achilles stretch							
16 pas de bourrées	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
achilles stretch							
4 tendus, 1 relevé from first en croix - both sides	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
achilles stretch							
From fifth, plié degagé, piqué retiré, su-sous, plié - alternate legs, 16 total	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
achilles stretch							

- * All 10 toes flat/extended when standing flat
- * Knees over second toes, maintain constant turn out
- * Clearly use demi pointe in each movement
- * Maintain upper body alignment (don't look down at feet)
- * Inner thigh activation: maintain straight knees when rising or piqué en pointe