

Ballet Sheet 0 (Master: Olga Evereinoff)

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Bar

Exercise 1: Plié - 3/4 - 0:00:15

0β ↑ 0 (1) HE ps 0 || 1 1 | 0*2, 0*0 |

1β Dpl 2 | 0 | Dpl 1 | 2 | Gpl 2' | 0 | 1 | 2, 2' |

2β Dsp ↑ || Dsp ↓ || sp ↑ || 3 | 2, dg →), (2) ps |

3β Dpl 2 | 0 | Dpl 1 | 2 | Gpl 2' | 0 | 1 | 2, 2' |

4β sp ← 3 || ↑ | 2 ev 2 | bc || dg →), rj^¼ ←, (4) ps |

5β Dpl 2 | 0 | 4' ps 1' | 2 ps 2 | Dpl 2 | 0 | Dpl 1 | 2, 2' |

6β Gpl 2' | 0 | 1 | 2, 2' | rc || 3 rv 3 |

βσ

Exercise 2: Slow Battement Tendu - 4/4 - 0:04:18

0β ↑ 0* (1) HE ps 0 || 1 | 2, 2' |

1β dg ↑ | tj | tj | Pfx | Edg ↑ | (1) fm | dg ↑ | fm |

2β dg → | R rj^¼ ⇐ | R rj^¼ ⇒ | fm | Btn → | Btn → | dg →, Pfm | Eps |

ββ

Exercise 3: Dégagé - 2/4 - 0:06:10

0β (5)

1β cp ↑ | dg ↑ - | cp ↑ | fm | Btn ↑ | CBtn → | Btn ↓ | CBtn → |

2β cp ↑ | dg → - | cp ↓ | (5) fm | CBtn → |⁴

ββ

Exercise 4: Temps Lié - 4/4 - 0:07:40

0β (5)

1β dg ↑ | tl ↑ | tl ↓ | Pfm | Eps | Dpl |, dg ↑ | Pfm |

$2\beta \text{ dg} \rightarrow | \text{tl} \rightarrow | \text{tl} \leftarrow | \widehat{(5)}Pfm | Eps | Dpl | , \text{ dg} \rightarrow | \widehat{(5)}Pfm |$

$\beta\beta$

Exercise 5: Fast Battement Tendu - 2/4 - 0:09:06

$0\beta \widehat{(5)}$

$1\beta \text{ Btn} \uparrow , \text{ Btn} \rightarrow |^4 \widehat{(5)}\text{Btn} \rightarrow , \text{ Btn} \rightarrow |^2 \text{Btn} \rightarrow , \text{ Dpl} ||$

$\beta\beta$

Exercise 6: Dégagé, Plié - 2/4 - 0:10:15

$0\beta \widehat{(5)}$

$1\beta \text{ Pdg} \uparrow , E, P, E | P, E, P, E | P, E- | , fm |$

$\text{Pdg} \rightarrow , E, P, E | P, E, P, E | P, E- | , \widehat{(5)}fm |$

$\beta\beta$

Exercise 7: Battement Jeté - 2/4 - 0:11:12

$0\beta \widehat{(5)}$

$1\beta \text{ Ddv} \uparrow - | fm | \text{Bjt} \uparrow |^5 ps |$

$2\beta \text{ Ddv} \rightarrow - | \widehat{(5)}fm | \text{CBjt} \rightarrow |^5 ps |$

$\beta\beta$

Exercise 8: Battement Cloches - 2/4 - 0:12:10

$0\beta \widehat{(5)}$

$1\beta \text{ pe}^2 \uparrow | \text{pe}^2 \rightarrow | \text{pe}^2 \downarrow | \text{Bcl} \uparrow , \text{Bcl} \downarrow |^5$

$\beta\beta$

Exercise 9: Ronde de Jambe l'terre (and Stretching) - 3/4 - 0:13:10

$0\beta \widehat{(5)}$

$1\beta \text{ Rrj} \Rightarrow |^4 \text{Pcl} \uparrow 1 | \text{Rrj}^{\frac{1}{2}} \Rightarrow 3' | \text{cl} \uparrow - | \text{rj}^{\frac{1}{2}} \Rightarrow 1' |$

$2\beta \{cl \uparrow = | cl > \downarrow = | \}^2 rt |||$

$\beta\beta$

Exercise 10: Battement Fondú, Ronde de Jambe en l'Air - 3/4 - 0:18:17

$0\beta \widehat{(5)}$

$1\beta Bfn \uparrow - || MBfn \uparrow = || P | Mps > 3 |||$

$2\beta Bfn \rightarrow - || (2)P | Mdg \rightarrow = | Arj ||_3 Arj^2 | \widehat{(5)fm} |$

$\beta\beta$

Exercise 11: Battement Frappé - 4/4 - 0:20:30

$0\beta \uparrow 0^* \widehat{(5)} HE ps 0 | 1 | 2 | dg \rightarrow |$

$1\beta Bfp \uparrow^2 Bfp \rightarrow ||_3 Bfp \downarrow^2 Bfp \rightarrow ||_3$

$2\beta Bfp^2 \rightarrow |^4 MDbt |||$

$3\beta Bfp \downarrow^2 Bfp \rightarrow ||_3 Bfp \uparrow^2 Bfp \rightarrow ||_3$

$4\beta Bfp^2 \rightarrow |^4 Dbt |||$

$5\beta \swarrow 3bc \triangleright (\downarrow = 3 ||| ||| |||$

$6\beta ||| ||| |||$

$\beta\sigma$

Exercise 12: Grand Développé - Adagio 3/4 - 0:22:35

$0\beta \widehat{(5)}$

$1\beta Gdv \uparrow || P | Arj^{\frac{1}{4}} \Rightarrow \# , ps > 3 | \nearrow Gdv \rightarrow ||| \widehat{(5)} |$

$2\beta \swarrow CGdv \rightarrow ||| pn \uparrow |||$

$\beta\beta$

Exercise 13: Grand Battement - 2/4 - 0:25:15

$0\beta \widehat{(5)}$

$1\beta Gbt \uparrow ||^3 Dpl ||$

$2\beta \text{ CGbt} \rightarrow ||^3 \text{ Dpl} ||$

$\beta\beta$

Centre

Exercise 14: Port de Bras - Adagio 3/4 - 0:28:55

$0\gamma \widehat{(5)}$

$1\gamma \searrow 2 \text{ tl} \uparrow 3 | \nearrow 3 \text{ tl} \downarrow 2 | 3 \text{ Arj}^{\frac{1}{2}} \Rightarrow -3 | 2'1' | \text{pr}^{\frac{3}{4}} \Rightarrow || | 1'2' |$

$2\gamma \searrow \widehat{(5)} \text{ Dpl}, \nearrow 2 \text{ MGbt} \uparrow 3 | 2' \text{ tm} \uparrow = 1' | 1 \text{ br} 1 | \nearrow 2 \widehat{(4)} \text{ tl} \uparrow 3 | 2 \text{ tl} \downarrow \text{rc} \Rightarrow 2 || |$

$\gamma\sigma$

Exercise 15: Battement Tendú, Pirouettes - 2/4 - 0:32:37

$0\gamma \widehat{(5)}$

$1\gamma \{ 2 \text{ CBtn} \rightarrow 2 | \text{CBtn} \leftarrow \}^3 \searrow 3 \text{ Mpq} \uparrow 3 | \text{Hps} |$

$2\gamma 1 \text{ dg} \uparrow 2, 2 \text{ tl} \uparrow \text{rj} (\Leftarrow 1 || 1 \text{ tl} \uparrow \text{rj} \Leftarrow) 2 || \uparrow 2 \text{ Dpl} 1 || 1 \text{ pt}^2 \Rightarrow 1 ||$

$\gamma\sigma$

Exercise 16: Battement Fondú, Pirouettes - 3/4 - 0:34:46

$0\gamma \widehat{(5)}$

$1\gamma \uparrow 2 \text{ Bfn} \Rightarrow 2 || 2 \text{ PArj} \Rightarrow 3 | \nearrow 2 \widehat{(5)} \text{ Mps} 2 |$

$\searrow 2 \text{ Bfn} (\uparrow 1 | 3 \text{ Bfn} (\leftarrow 2 | 3 \text{ Bfn} \uparrow) 2 | 2 \widehat{(4)} \text{ tm} \uparrow 1 |$

$2\gamma 1 \text{ pt}^2 \Leftarrow (> 1 |, \widehat{(5)} \text{ Pfm} | 2 \text{ tl} \uparrow 1' | 2 \widehat{(4)} \text{ Pps} 1 |$

$\text{pt}^2 \Rightarrow >) |, \nearrow \widehat{(4)} \text{ Pfm} | \text{dg} \downarrow | \widehat{(5)} \text{ fm} |$

$\gamma\sigma$

Exercise 17: Pirouettes - Fast Waltz 3/4 - 0:40:08

$0\gamma \searrow \widehat{(5)}$

$1\gamma \nearrow 2 \text{ CRbt} \uparrow 1 | 3 \text{ Rbt} (\uparrow 2 | \text{tm} \uparrow | \text{br}, \widehat{(4)} \text{ Pfm} | \text{pt}^4 \Rightarrow >) || | \widehat{(5)} \text{ Pfm}, \text{Hps} |$

$\gamma\sigma$

Exercise 18: Développé, Pirouettes - Slow Waltz 3/4 - 0:43:50

$0\gamma \curvearrowright (\widehat{5})$

$1\gamma 3MGdv \uparrow 2 | 2(\widehat{4})tm \uparrow 1 | 3pt^2 \leftarrow (\triangleright 3 | \nearrow 2'Pps \gg = 1' |$

$\nearrow pa^2 \uparrow 2, 2MGdv(\uparrow 3 || \uparrow 2gl \rightarrow 2, 2MGdv \rightarrow 3 |$

$2\gamma rs \leftarrow || Obr || \nearrow db \uparrow || | 2'Ppt^1 \Rightarrow \gg -(\downarrow 1' |$

$\gamma\sigma$

Exercise 19: Warming for Jumps - Petit Allegro 2/4 - 0:50:00

$0\gamma \uparrow (1)$

$1\gamma 0 Dpl 0 || ev | Hps | Dpl || ev | Hps |$

$\gamma\sigma$

Exercise 20: Petit Sauter I - Allegro 4/4 - 0:50:40

$0\gamma \uparrow (1)$

$1\gamma sr |^4 (\widehat{5})ch | ch |^3$

$\gamma\sigma$

Exercise 21: Petit Sauter II - Allegro 4/4 - 0:51:30

$0\gamma \uparrow (\widehat{5})$

$1\gamma ep || ep^{\frac{1}{2}} | 1Pdg \uparrow 2 | 2Pdg(\uparrow 1 | ps | ct \rightarrow | ct \rightarrow |$

$\gamma\sigma$

Exercise 22: Assemblé - Allegro 4/4 - 0:54:08

$0\gamma \uparrow (\widehat{5})$

$1\gamma as^2 \rightarrow || 1dg \curvearrowright 2 | ps | gl \leftarrow | CPdg(\leftarrow | gl \rightarrow | as \rightarrow |$

$\gamma\sigma$

Exercise 23: Jeté Sauter, Brisé - Allegretto 2/4 - 0:56:28

$0\gamma \uparrow \widehat{(5)}$

$1\gamma \{UAjt \rightarrow | UAjt \leftarrow\}^2 bi \rightarrow |^3 UAjt \rightarrow |$

$\gamma\sigma$

Exercise 24: Moyenne Sauter - Allegro 4/4 - 0:58:36

$0\gamma M \searrow \widehat{(5)}$

$1\gamma Csn \triangleright | \nearrow | Pdg(\nearrow | pa(\uparrow, \nearrow 2pq \uparrow)(\gg = 1 ||$

$cp(\downarrow, cs | \nearrow as(\uparrow | sn \leftarrow, cp(\downarrow | as \rightarrow |$

$\gamma\sigma$

Exercise 25: Temps de Fleche (girls) - Grand Allegro 4/4 - 1:02:25

$0\gamma \uparrow \widehat{(5)}$

$1\gamma \uparrow tm \nearrow | br | gl \rightarrow | tf \rightarrow | \uparrow tm \searrow | br | gl \leftarrow | tf \leftarrow |$

$\gamma 1$

Exercise 26: Tour en l'Air (boys) - Grand Waltz 3/4 - 1:04:16

$0\gamma (77) \uparrow \widehat{(5)}$

$1\gamma \{\uparrow tm \searrow | cp \downarrow\}, bn(\leftarrow | as \uparrow) | Och^2 | \}^2$

Exercise 27: Grand Sauter - Grand Allegro 4/4 - 1:05:26

$0\gamma 2'dg(\nearrow 1'$

$1\gamma gl \rightarrow | \nearrow Gjt \uparrow |^3 Abs, \nearrow pq(\uparrow \gg) = | gl \downarrow | FGjt \downarrow |$

$2\gamma gl \downarrow | je | tm \leftarrow, Pcp \downarrow | gl \rightarrow | \nearrow Gjt \uparrow |^3$

$\gamma\sigma$

Exercise 28: Jeté sour le manège, Pirouettes a la seconde - Coda 2/4 - 1:13:30