

**Ballet Sheet 1 (Master: Paulo Aguiar)**

registered by Francisco Seoane



**Bar***Excercise 1: Warming*


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 $0\beta \leftarrow 0 (1) HE ps 0 || 1 1 | 0^*0^* |$ 


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 $1\beta dg) \uparrow | fm | dg) \uparrow | Pfm | dg \rightarrow | HEM tb | dg \rightarrow | fm |$ 


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 $\beta 1 \delta$ 


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 $2\beta tl \rightarrow ||| | tl \leftarrow ||| |$ 


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 $3\beta sp \leftarrow || rc \Rightarrow ||| | |$ 


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 $\beta\sigma$ 


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*Excercise 2: Slow Battement Tendu*


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 $0\beta (1)$ 


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 $1\beta dg \uparrow) | cl \downarrow | cl \uparrow | fm | tn) \uparrow | tn \rightarrow | tn) \downarrow | tn \rightarrow |$ 


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 $\beta 1 \delta$ 


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 $2\beta dg) \uparrow | Rrj^{\frac{1}{2}} \Rightarrow | Rrj^{\frac{1}{2}} \Leftarrow | fm | tn) \uparrow | tn \rightarrow | tn) \downarrow | tn \rightarrow |$ 


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 $\beta 2 \delta$ 


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 $3\beta sp \uparrow ||| | | | | | |$ 


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 $4\beta sp \downarrow ||| | sp \leftarrow ||| |$ 


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 $5\beta 1 M bl 1 ||| | | | | | |$ 


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 $\beta\sigma$ 


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*Excercise 3: Plié*


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 $0\beta (1)$ 


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 $1\beta D pl 0 | 1 | D pl 1 | 2 , 2' | G pl 3 | 1 | 0 | 2' |$ 


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 $2\beta sp \uparrow ||| | sp \downarrow ||| | dg) \rightarrow , (2) fm |$ 


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 $\beta 1$ 


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 $3\beta sp \uparrow ||| | sp \downarrow ||| | dg) \rightarrow , R rj^{\frac{1}{4}} , (\widehat{4}) fm |$ 


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$\beta 1$

$4\beta sp \leftarrow ||\uparrow|| sp \leftarrow ||\downarrow|| dg) \rightarrow, (\widehat{5}) fm |$

$\beta 1$

$5\beta rc \leftarrow |||||$

$\beta\sigma$

*Excercise 4: Soutenue*

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

$1\beta P dg) \uparrow, (\widehat{5})M st | (\widehat{5})H fm | P dg \rightarrow, (\widehat{5})M st | (\widehat{5})H st |$

$tn) \downarrow | C tn \rightarrow | tn) \uparrow | C tn \rightarrow |$

$\beta 1 \delta$

$2\beta st >) | dg \uparrow | st >) | dg \downarrow | tn) \downarrow | C tn) \rightarrow | tn) \uparrow | C tn \rightarrow |$

$\beta 2 \delta$

$3\beta bl \geq) \uparrow |||||$

$4\beta bl(\geq\downarrow||| dt(\geq\uparrow|||\downarrow (\widehat{5})fm |$

$\beta\sigma$

*Excercise 5: Fast Battement Tendu*

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

$1\beta tn \uparrow ||_3 C tn \rightarrow ||_3 tn \downarrow, C tn \rightarrow, tn \uparrow ||_3 tn \rightarrow ||_3$

$\beta 1 \delta$

$2\beta M (st \geq \uparrow | M bc \geq \uparrow |||||$

$\beta\sigma$

*Excercise 6: Battement Jeté*

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

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$1\beta B pq^2 \uparrow, cl \downarrow | B pq^2 \uparrow, cl \downarrow | jt \uparrow, C jt \rightarrow, jt \downarrow | C jt \rightarrow |_3$

$C jt \rightarrow |_3 | C jt \rightarrow |_3 | C jt \rightarrow |_2 | C jt \rightarrow |_3$

$\beta 1 \delta$

$2\beta M dtst(> | M bl > |||||$

$\beta\sigma$

*Excercise 7: Ronde de Jambe sour l'terre*

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

$1\beta P dg \uparrow 0, 1 | R rj^{\frac{1}{2}} \Rightarrow 2, (\widehat{5})fm 2' | st >)0, P dg \uparrow 1 | R rj^{\frac{1}{2}} \Rightarrow 2, 2' |$

$R rj \Rightarrow 0 | R rj \Rightarrow 1 | R rj \Rightarrow 3 | 2, (\widehat{5})fm 2' |$

$\beta 1 \delta$

$2\beta sp \uparrow ||| | sp \downarrow ||| |$

$3\beta PGsp(\gg \uparrow || D dt \leftarrow || D dt \Rightarrow || H (dg \downarrow 3 ||$

$4\beta sp \downarrow ||| | (rl \downarrow = | pn \uparrow ||| |$

$5\beta 2' rvbl 1' || dt(\triangleright \downarrow \leftarrow || 2' D (pl \gg) \downarrow = || br ||$

$\beta\sigma$

*Excercise 8: Grand Cloches in Attitude*

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

$1\beta \{cl \triangleright \uparrow | cl \triangleright \downarrow\}^4$

$2\beta \{cl \triangleright \uparrow | cl \triangleright \downarrow\}^2 cl \triangleright \uparrow | (\widehat{5})P fm | dt | (\widehat{5})fm |$

$\beta\sigma$

*Excercise 9: Battement Frappé*

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

$1\beta fp \uparrow | fp \rightarrow | fp \uparrow | fp \rightarrow | fp^2 \rightarrow |^2 fp \uparrow, fp \uparrow | fp \rightarrow, fp \rightarrow |$

$2\beta fp \downarrow, fp \downarrow | fp \rightarrow, fp \rightarrow | O ff \Rightarrow | P dg \rightarrow |$

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$dtst(> | \widehat{(5)}P fm | M dg \rightarrow), D bm | M dg(\rightarrow, \widehat{(5)}fm, dg(\rightarrow |$

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$\beta\sigma$

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*Excercise 10: Battement Fondú*

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

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$1\beta fn \uparrow) - || fn \rightarrow - || fn \downarrow) - || fn \uparrow) - ||$

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$2\beta fndv \uparrow = || || || fndv \rightarrow = || || ||$

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$3\beta fndv \downarrow = || || || (pl \gg) \downarrow = | pt^{\frac{1}{2}} \leftarrow \gg \downarrow = | \downarrow pn \uparrow |, \widehat{(5)}fm ||$

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$\beta\sigma$

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*Excercise 11: Grand Battement*

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

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$1\beta G bm \uparrow || G bm \uparrow|^2 CG bm \rightarrow || CG bm \rightarrow|^2$

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$2\beta G bm \downarrow | G cl \uparrow | \widehat{(5)}P fm | st > | (4)(pl | pt >) \Rightarrow || \widehat{(5)}P fm, H ps |$

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$\beta 1, 2 \delta$

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$3\beta 1 bl > 1 || || || || ||$

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$\beta\sigma$

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## Centre

*Excercise 12: Axis Step*

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

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$1\gamma bs) \Rightarrow || tm) \nearrow | br, \widehat{(5)}fm |$

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$\nearrow (cp \uparrow, \searrow E tl \leftarrow | \widehat{(5)}fm | P dg \uparrow, \nearrow ER rj^{\frac{1}{4}} | (4)(pl |$

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$2\gamma \{H pt^1 rj \Rightarrow \Rightarrow | (4)(pl | \}^2 pt^1 > \Rightarrow || \nearrow \widehat{(5)}ps ||$

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$3\gamma \{\uparrow C tn \rightarrow | C tn \leftarrow \}^2 \{\uparrow C tn \leftarrow | C tn \rightarrow \}^2$

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$$4\gamma \curvearrowleft st(> | \widehat{(4)pl} | \nearrow st >) | \widehat{(4)pl} | \curvearrowleft st(> | \widehat{(4)pl} | pt^2(>\Leftarrow ||$$

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$$\gamma\sigma$$


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*Excercise 13: Battement Jeté*

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

$$1\gamma jt \uparrow^2 2 jt \downarrow 1 |^2 \uparrow 1 cp) \uparrow 1, 2 D dv \rightarrow 2, br \Rightarrow || C jt \leftarrow | C jt \rightarrow |$$

$$2\gamma tm) \nearrow | br, (\widehat{4)pl} | pt^2 >) \Rightarrow |, (\widehat{4)pl} |$$

$$H pt^{\frac{3}{4}} R rj^{\frac{1}{2}} \Rightarrow \Leftarrow | (\widehat{4)pl} | pt^2(>\Leftarrow |, \nearrow (\widehat{5)fm} |$$

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$$\gamma\gamma$$


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*Excercise 14: Adagio*

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

$$1\gamma 0 G pl 0 || 1 1 | 2 2, 2' 2' | 3 ev 3 || 2 2 | 2' 2' |$$

$$2\gamma 0 dv^{\frac{1}{2}} \uparrow \# 0 | 1 1 | 3 2 | \sphericalangle 2 ft^{\frac{1}{4}} \gg \rightarrow \Leftarrow \# 2' |$$

$$\downarrow 2 ft^{\frac{1}{8}} \triangleright) \downarrow \Leftarrow 3 | pr \triangleright) \Leftarrow || \nearrow ps |$$

$$3\gamma PD sp G rj^{\frac{1}{2}} \uparrow \Leftarrow 1 | 2 2 || 3 E ps \gg) \uparrow 2 | 3 pq) \nearrow (\triangleright \downarrow 2 | pr (\triangleright \Leftarrow || \curvearrowleft ps |$$

$$4\gamma PD sp G rj^{\frac{1}{4}} \uparrow \Leftarrow 2 | \uparrow 2 2 | ps || 1 fndv \leftarrow 1 | 3 3 | 2 2 | \nearrow (\widehat{5)fm} |$$

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$$\gamma\sigma$$


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*Excercise 15: Waltz*

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$$0\gamma \nearrow ps \geq) \downarrow$$

$$1\gamma 1 pq) \nearrow (\gg \downarrow \# 1, 2' 1' | 0 fi \Leftarrow 0 | 1 \curvearrowleft M dv) \rightarrow 1, 2 3 | 2(\widehat{5)P fm 0, 2 rv 1 |$$

$$pq \sphericalangle >) | tm) \nearrow | fi \Rightarrow, H pt rj^{\frac{1}{2}} \Rightarrow \Leftarrow | tm) \nearrow, br, \nearrow (\widehat{4)pl} ||$$

$$2\gamma pt^2 > \Rightarrow | ftpt^2 > \Rightarrow | (\widehat{5)P fm | dt^{\frac{3}{4}} \Rightarrow, \curvearrowleft M ps |$$

$$O vs \nearrow \Leftarrow | O vs \nearrow \Rightarrow | O pq^2 \nearrow >) \Rightarrow | 1 pq) \nearrow (\gg \downarrow \# 1, 2' 1' |$$

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$$\gamma\sigma$$


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*Excercise 16: Petit Sauter*

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


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$$1\gamma \uparrow cp \uparrow 1, 2 pa \uparrow 2 \mid (\widehat{5})fm \mid 0 ch 0 \mid ch \mid (1) sr \mid (1) sr \mid 2 ep 2, (\widehat{5})fm \mid$$


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$$\gamma 1 \sigma$$


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$$2\gamma O^{\frac{1}{2}}ep^{\frac{1}{2}} \Rightarrow \mid \downarrow A cp \uparrow \mid (cp \downarrow, C as \rightarrow \mid \mid O^{\frac{1}{2}}ep^{\frac{1}{2}} \Rightarrow \mid \downarrow A (cp \uparrow cp) \downarrow, C as \leftarrow \mid \mid$$


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$$3\gamma \{ch \mid dt \mid\}^3 ch \mid E, P \mid$$


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$$\gamma \sigma$$


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*Excercise 17: Moyenne Sauter*

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


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$$1\gamma \uparrow (1) sr \mid (\widehat{5})sr \mid ep \mid \curvearrowright sntm \curvearrowright \mid (as \downarrow bs \mid \mid$$


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$$\gamma \gamma$$


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*Excercise 18: Assemble*

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


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$$1\gamma C as \rightarrow \mid su \mid gl \leftarrow \mid C as \leftarrow \mid C as \rightarrow \mid C sn \rightarrow \mid gl \rightarrow \mid C as \rightarrow \mid$$


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$$\gamma \gamma$$


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$$\gamma U$$


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*Excercise 19: Jeté Sauter*

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


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$$1\gamma A jt \mid^3 tv \geq \mid A jt \mid^2 tv \geq \mid A jt \mid$$


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$$2\gamma tv \geq \mid A jt \mid \downarrow gl \rightarrow \mid A jt \mid^3 tv \geq \mid$$


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$$3\gamma \rightarrow gl \leftarrow \mid A jt \mid \downarrow gl \rightarrow \mid A jt \mid \rightarrow gl \leftarrow \mid A jt \mid \uparrow gl \rightarrow \mid A jt \mid$$


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$$4\gamma \{\curvearrowright br \geq \mid \mid br(\geq \downarrow)\}^3 pa \rightarrow \mid tv \nearrow (\gg \downarrow \mid$$


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$$\gamma \sigma$$


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*Excercise 20: Grand Sauter*



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$0\gamma (44) \searrow (\widehat{5})$

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$1\gamma \uparrow C \text{ snsu} \leftarrow, cp) \downarrow | (cp \uparrow, C \text{ as} \leftarrow | \nearrow C \text{ sn} \nearrow | cp) \downarrow, (as \uparrow |$

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$\searrow 2 \text{ sn} \searrow 3 | fi \leftarrow, C \text{ as} \leftarrow | 3 \text{ pqdt} \nearrow 3 | \uparrow 2 P 2 |$

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$2\gamma \nearrow 2' \text{ sn} \nearrow 1' |^2 3 \text{ sn} \nearrow 2 | fi \leftarrow, C \text{ as} \rightarrow |$

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$tm) \nearrow | br, fi \leftarrow | as) \downarrow | O^2 ch \Rightarrow |$

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$\gamma\sigma$

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*Excercise 21: Sauter Battus*

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

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$1\gamma \text{ ec}^6 |^2 \text{ sn A rj}^2) \leftarrow \Rightarrow | C \text{ as} \rightarrow | \text{ ec}^6 |^2 \text{ sn A rj}^2) \rightarrow \Rightarrow | C \text{ as} \leftarrow |$

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$2\gamma \text{ ec}^6 |^4 2 \text{ dg} \rightarrow 2, (\underbrace{4}) (pl | pt^4 \Rightarrow ||, \nearrow 2(\underbrace{4}) (pl 2 |$

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$\gamma\sigma$

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