

Ballet Sheet 3 (Master: Leandro Ferreira)

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Bar*Excercise 1: Warming* $0\beta \leftarrow (1)$ $1\beta dg \uparrow | Pfm | dg \rightarrow | (2) fm | dg \rightarrow | Bci | dg \rightarrow | (2) fm |$ $2\beta Gpl |||| sp \rightarrow ||| (1) fm |$ $\beta 1, 2 \sigma$ $\beta\sigma$ $3\beta Dpl | M | E | 1 bc 1 ||||$ *Excercise 2: Plié* $0\beta \uparrow (1)$ $1\beta Gpl |||| Dsp \uparrow ||||$ $2\beta Gpl |||| Dsp \downarrow ||| dg \rightarrow, (2) fm |$ $3\beta Gpl |||| sp \leftarrow ||||$ $4\beta Gpl |||| sp \rightarrow ||| dg \rightarrow, rj^{\frac{1}{4}} \leftarrow, (\widehat{4})fm |$ $5\beta Dpl | dg \uparrow | Dpl | dg(\downarrow Dpl | dg \uparrow) | cl \downarrow | cl \uparrow |$ $6\beta sp \uparrow |||| sp \leftarrow ||| (\widehat{5})fm |$ $7\beta Dpl || Dpl || Gpl ||||$ $8\beta rc \leftarrow ||||| 3 bc 3 |$ $\beta\sigma$ *Excercise 3: Fast Battement Tendu* $0\beta (1)$ $1\beta tn \uparrow | ^2 ch \uparrow, dg \uparrow | cl \downarrow | fm | tn \rightarrow | dg \uparrow, Pfm | E |$ $2\beta tn \rightarrow | ^2 ch \rightarrow, dg \rightarrow | fm | ch \rightarrow, dg \rightarrow | fm | Dpl | M | E | H |$

$\beta\beta$ *Excercise 4: Slow Battement Tendu* $0\beta (1)$ $1\beta tn \uparrow |^2 ch, dg(\downarrow | fm | tn(\downarrow|^2 ch, dg \uparrow) | tl \uparrow |$ $2\beta tl \downarrow | tn \uparrow) | tn \rightarrow | dg \downarrow), (\underbrace{5})Pfm | bc \geq \downarrow) ||| (\underbrace{5})fm |$ $\beta\beta$ *Excercise 5: Battement Jeté* $0\beta (\widehat{5})$ $1\beta Bjt \uparrow |^2 Bjt \rightarrow |^2 Ccp(\uparrow | Ccp(\downarrow | dg(\downarrow, cl(\uparrow | (\underbrace{5})fm |$ $\beta 1 \delta$ $2\beta bc >) ||||| fm | dt |$ $\beta\sigma$ *Excercise 6: Ronde de Jambe l'Terre* $0\beta (\widehat{5})$ $1\beta Pdg \uparrow) | rj^{\frac{1}{2}} \Rightarrow | tl \downarrow | tl \uparrow | (\underbrace{5})Pfm, dg \downarrow) | Erj^{\frac{1}{2}} \Leftarrow | P | Erj^{\frac{1}{2}} \Rightarrow |$ $2\beta rj \Rightarrow |^4 rt \Rightarrow | rj \Rightarrow | rt \Rightarrow | cl \uparrow, (\underbrace{4})fm |$ $\beta 1, 2 \delta$ $3\beta Gpl |||| sp \uparrow ||||$ $4\beta sp \leftarrow |||| sp \downarrow ||||$ $5\beta \swarrow Gpl)sp \uparrow \gg (\downarrow |||| dg(\downarrow sp \downarrow |||| (\underbrace{5})fm |$ $6\beta Pdg \uparrow), rj^{\frac{1}{2}} \Rightarrow | \swarrow (\underbrace{4})(pl | sp \leftarrow || 2'rv \gg \downarrow)1' | bc |||$ $\beta\sigma$ *Excercise 7: Battement Fondu*

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

$1\beta fn \uparrow |^2 fn > | bc | fn \rightarrow |^2 fn > | bc |$

$2\beta fn(\downarrow |^2 fn(> | bc | P, ft(> | \downarrow bc || |$

$\beta\sigma$

Excercise 8: Battement Frappé

$0\beta dg \rightarrow$

$1\beta fp \uparrow |^2 Bpq \uparrow |^3 Bpq \uparrow, Bpq \rightarrow, Bpq \downarrow | cl \uparrow, cl \downarrow | cp \downarrow |$

$2\beta \{fp \rightarrow |^2 fp^2 \rightarrow |^2\}^2$

$3\beta Dbm \geq || | > |_8 \widehat{(5)} Mfm | dt | \downarrow Dpl | dg \leftarrow |$

$\beta\sigma$

Excercise 9: Adagio

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

$1\beta dv \uparrow | P | 2' pq \uparrow \gg (\downarrow 1' | bc, fm | dv \rightarrow) || P, ft | \swarrow bc \triangleright |$

$2\beta pn || | | 3 bc \triangleright) 1 || | |$

$\beta\sigma$

Excercise 10: Grand Battement

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

$1\beta Gbm \uparrow |^2 ps > \uparrow), \widehat{(5)} Pfm | Gbm \downarrow | Gbm \downarrow |^2 ps > \uparrow), \widehat{(5)} Pfm | Gbm \uparrow |$

$2\beta ps > (\downarrow, \widehat{(5)} Pfm | CGbm \rightarrow) | ps > (\uparrow, \widehat{(5)} fm | ps > \uparrow), \widehat{(4)} fm |$

$pt^2 \Rightarrow > \uparrow) | Pdg \uparrow) | Eft | \downarrow \widehat{(5)} fm |$

$\beta\sigma$

Centre

Excercise 11: Adagio

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

$1\gamma 2 pa \uparrow 1 | 1 pa(\uparrow 2 | 1 cn \uparrow 1 | 2' pq \uparrow) \gg (\downarrow 1', H |$

$1 ps \triangleright (\downarrow 1, 3 2 | 2' ps \gg (\downarrow 1' | pr^{\frac{3}{4}} \Rightarrow ||$

$2\gamma 1 ps > (\downarrow 1 | 2 Pps \triangleright (\uparrow 3 | ft^{\frac{1}{4}} \Leftarrow, 3' Pps \gg (\downarrow 2' | br, \nearrow cp \downarrow) |$

$br, \searrow 2 \widehat{(4)}ps 1 | pt^2 \Leftrightarrow (\uparrow \nearrow 3 rv 3 | H, 2 Prj^{\frac{1}{2}}(\Leftarrow, \searrow E, ps \geq (\downarrow$

$\gamma\sigma$

Excercise 12: Battement Tendu

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

$1\gamma \uparrow Ctn \rightarrow | Ctn \leftarrow | dg \rightarrow, \widehat{(5)}Pfm | dg \downarrow | pt^3 \Rightarrow \uparrow ||| \widehat{(5)}Pfm |$

$\gamma 1 \delta$

$\gamma\sigma$

Excercise 13: Petit Sauter

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

$1\gamma (1) sr |^4 ep \rightarrow | E | P | \widehat{(5)}Pfm |$

$\gamma 1 \sigma$

$2\gamma ch |^4 \searrow ep \uparrow | \widehat{(5)}Pfm | \uparrow ep \rightarrow | \widehat{(5)}Pfm |$

$\gamma 2 \sigma$
