

Ballet Sheet 4 (Mistress: Paula Argüelles)

registered by Francisco Seoane

Bar

Excercise 1: Warming

Excercise 2: Slow Battement Tendu (I)

0 β \uparrow (1)

1 β $dg \uparrow$ | *Bbi* | $dg \uparrow$ | *Pfx* | $Edg \uparrow$ | *tj* | *tj* | *fm* |

2 β $dg \rightarrow$ | *Bbi* | $dg \rightarrow$ | *Pfx* | $Edg \rightarrow$ | *tj* | *tj* | *fm* |

$\beta\beta$

Excercise 3: Slow Battement Tendu (II)

0 β (1)

1 β $tn \uparrow$ | $^3 tn \rightarrow$ | $tn \downarrow$ | $^3 tn \rightarrow$ |

2 β $tl \rightarrow$ | $tl \leftarrow$ | $tn \rightarrow$ | $^2 tl \rightarrow$ | $tl \leftarrow$ | \leftarrow (1*)*Pfm* , $\downarrow dg(\rightarrow)$ | (1)*fm* |

$\beta\sigma$

Excercise 4: Plié

0 β (1)

1 β *Gpl* |||| $sp \uparrow$ ||| $dg \rightarrow$, (2)*fm* |

2 β *Gpl* |||| $sp \leftarrow$ ||| $dg \rightarrow$, $rj^{\frac{1}{4}} \leftarrow$, ($\widehat{4}$)*fm* |

3 β *Gpl* |||| $sp \downarrow 1'$ ||| $dg \rightarrow$, ($\widehat{5}$)*fm* |

4 β *Gpl* |||| $sp \uparrow$ || $sp \downarrow$ ||

$\beta\sigma$

Excercise 5: Coupé - Battement Tendu

0 β ($\widehat{5}$)

1 β $cp \uparrow$ | $Pdg \uparrow$ | *E* | *fm* | $tn \uparrow$ | $^2 dg \uparrow$, *Pfm* | *E* |

$\beta 1$ (\downarrow)

$\beta 1 \rightarrow$

$2\beta dg \uparrow | Pfm | dg(\downarrow | Pfm | dg \rightarrow | Pfm | dt ||$

$\beta\sigma$

Excercise 6: Fast Battement Tendu

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

$1\beta \{tn \uparrow | Ctn \rightarrow | tn \downarrow | Ctn \rightarrow\}^2$

$2\beta Ctn \rightarrow |^6 dt ||$

$\beta\sigma$

Excercise 7: Ronde de Jambe l'Terre

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

$1\beta Prj \Rightarrow | Erj \Rightarrow |^2 cl \uparrow | Prj \Leftarrow | Erj \Leftarrow |^2 st |$

$2\beta rc \Leftarrow ||| cp(\downarrow | dt(> | bc | fm |$

$\beta\sigma$

Excercise 8: Battement Fondu

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

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

$\beta 1 M$

$\beta\sigma$

Excercise 9: Warming

$0\beta \leftarrow (1)$

$1\beta Dpl | E | rv | H | Dpl | E | rv | H |$

$2\beta Dpl | E | rv | H | rv | H | rv | H |$

Excercise 10: Grand Développé

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

$$1\beta \text{ PGdv } \uparrow | \text{ Gcl } \downarrow | \text{ st } | \text{ H } | \text{ PGdv}(\downarrow | \text{ Gcl } \uparrow | \text{ st } | \text{ H } |$$

$$2\beta \text{ CPGdv } \rightarrow || \text{ CPGdv } \rightarrow || \text{ MGdv } \rightarrow || \text{ dt } ||$$

$$\beta\sigma$$

Excercise 11: Battement Jeté

$$0\beta \leftarrow (1)$$

$$1\beta \text{ Bjt } \rightarrow |^8$$

$$2\beta \text{ Bjt}(\leftarrow|^8$$

$$3\beta \text{ Bjt } \rightarrow |^4 \text{ Bjt}(\leftarrow|^4$$

$$4\beta \text{ Bjt } \rightarrow |^2 \text{ Bjt}(\leftarrow|^2 \text{ Bjt } \rightarrow |^2 \text{ Bjt}(\leftarrow|^2$$

$$5\beta \{ \text{Bjt } \rightarrow | \text{ Bjt}(\leftarrow | \}^4$$

$$\beta$$

Excercise 12: Grand Cloches - Grand Battement

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

$$1\beta \{ \text{Gcl } \triangleright \uparrow | \text{ Gcl } \triangleright \downarrow | \}^3 \text{ Gcl } \triangleright \uparrow | \text{ fm } |$$

$$2\beta \text{ CGbm } \rightarrow || \text{ CGbm } \rightarrow || \text{ O}^{\frac{1}{2}} \Rightarrow \text{ pq}(\triangleright | \widehat{(5)} \text{ Pfm } |$$

$$\beta\sigma$$

Centre

Excercise 13: Battement Tendu

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

$$1\gamma \uparrow \text{ Ctn } \rightarrow |^2 \text{ bc } \triangleright | \widehat{(5)} \text{ Pfm } | \text{ Ctn}(\leftarrow|^2 \text{ bc}(\triangleright | \widehat{(5)} \text{ Pfm } |$$

$$2\gamma \text{ dg } \rightarrow | \widehat{(5)} \text{ Pfm } | \text{ pt}^2 \Rightarrow \triangleright | \nearrow \widehat{(5)} \text{ Pfm } |$$

$$\text{ Edg } \downarrow | \widehat{(4)} \text{ Pps } | \text{ pt}^2 \Rightarrow \triangleright | \widehat{(5)} \text{ Pfm } |$$

$$\gamma\sigma$$

Excercise 14: Waltz for Pirouettes

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

 $1\gamma \nearrow tm \uparrow | br | \uparrow CGbm \leftarrow | CGbm \rightarrow |$

 $\nearrow dg(\uparrow | (4)(Pps | pt^2 \Leftrightarrow) | \searrow (\widehat{5})Pfm |$

 $2\gamma bs \uparrow | pq(\uparrow \triangleright \downarrow) | bs(\uparrow | pq \uparrow) \triangleright (\downarrow | (\widehat{4})P)ps | pt^2 \Leftarrow (> || \nearrow (\widehat{5})Pfm |$

 $\gamma\sigma$

Excercise 15: Petit Sauter

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

 $1\gamma (1)sr | (\widehat{5})sr | (1)sr | (\widehat{5})sr | ep \rightarrow | cp \downarrow | tm , \nearrow as(\uparrow ||$

 $2\gamma (1)sr | (\widehat{5})sr | (1)sr | (\widehat{5})sr | (\widehat{4})Pps | pt^3 \Rightarrow > || (\widehat{5})Pfm |$

 $\gamma\sigma$

Excercise 16: Pirouettes

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

 $1\gamma \uparrow Mps > | pt^1 \Rightarrow > | {}^3 vs \rightarrow | vs \leftarrow | \nearrow O^2 \Rightarrow pq \uparrow ||$

 $\gamma\sigma$

Excercise 17: Sauter - Tour l'Air

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

 $1\gamma \{O^{\frac{1}{4}} \Rightarrow ch | O^{\frac{1}{4}} \Leftarrow ch | \}^2 O^{\frac{1}{2}} \Rightarrow ch | O^{\frac{1}{2}} \Leftarrow ch | O^1 \Rightarrow ch |$

 $\gamma\sigma$

Excercise 18: Running
