



Southern Enterprise School of Arts
291 E. 222nd St., Studio 258, Euclid, Ohio 44123
www.southernenterprise.org
southernenterpriseohio@gmail.com

Ballet/Interpretive Class Syllabus

Tuesday

CLASS OBJECTIVES BALLETS SYLLABUS

Understanding the core principles of ballet technique with a focus on balance, coordination, strength, and poise. Every exercise and step build on these, creating a strong and capable dancer.

- Basic ballet etiquette including
- Entering and exiting the space quietly.
- How to stand in rows and lines
- How lines change/progress Transitions between exercises
- How to begin and end a step
- Understand the standards expected in a classical ballet class
- Know and understand ballet terminology for material addressed in the syllabus
- Begin to develop visual, physical, and cognitive understanding of movement execution
- Understand alignment from hip through knee to the toe whether in parallel or turned-out positions

5pm-5:30pm – Warm/Stretching

1. Understanding Ballet Positions
 - a. 1st, 2nd, 3rd, 4th, and 5th Positions
 - b. Ballet Moves
 - c. Ballet positions
 - d. Dance exercise using proper body posture.

5:30pm-6:30pm – Interpretive Dance

Interpretive dance aims to show human emotions, conditions, situations, or fantasies by translating them into movement and dramatic expression.



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2. Dance movement to vocal music

- a. How to interpret vocal music using your hands and feet.
- b. How to move gracefully through song.
- c. How to interpret song with emotions through dance

6:30pm-7pm – Ballet/Interpretive Dance combination

Saturday

The core principles of ballet technique focus on balance, coordination, strength, and poise. Every exercise and step build on these, creating a strong and capable dancer.

2pm-3pm – Warm/Stretching

3. Understanding Ballet Positions

- e. 1st, 2nd, 3rd, 4th, and 5th Positions
- f. Ballet Moves
- g. Ballet positions
- h. Dance exercise using proper body posture.

3pm-5pm – Interpretive Dance

Interpretive dance aims to show human emotions, conditions, or situations by translating them into movement and dramatic expression.

4. Dance movement to vocal music

- a. How to interpret vocal music using your hands and feet.
- b. How to move gracefully through song.



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c. How to interpret song with emotions through dance