

Dance Bell Work

Weekly Written Work (week of 10.30.17)

MONDAY 10/30 (Ballet Attire) BOO GRAMS

- **Bell Work:** Quick barre warmup.
 - Advanced:
 - Conditioning Exercises: arms exercises for dancers
 - [Arms Workout: Lazy Dancer Tips](#)
 - Intermediate: **Write out definitions for . . .**
 - Posé: Épaulement
 - Historical Figure: Lev Ivanov
 - Movements: First Arabesque
 - Intro: **Write out definitions for . . .**
 - Posé: Épaulement
 - Verb: Dégager
 - Movements: Battement Dégagé
- **Class Work:**
 - Choreography Only

Name _____ Period: _____

TUESDAY 10/31 (Ballet Attire) BOO GRAMS

Bell Work: Quick barre warmup and turn in homework.

Definitions due Tuesday (intermediate and intro):

Posé:
Historical Figure/Verb:
Movements:

Class Work:
Continue Choreography

WEDNESDAY/THURSDAY 11/1 & 11/2 (Ballet Attire)

BW: Ballet Barre

Class Work: Clean Choreography

Dance Date Updates:

- During Nutcracker Season Ballet Attire ONLY (except for Advanced Class)
- Boo Grams Sales Monday, October 30th and Tuesday, October 31st. You must sign in at the table to receive credit for boo grams service.
- Dance Council Meets Wednesday at Conference.
- Please pick up T-shirts if you have not already!
- Hip Hop Club Meets Thursday at Conference.

FRIDAY 11/3 (Ballet Attire)

Bell Work: QUIZ intro and intermediate!

Class Work: Marsh and Mallow: cleaning choreography in pairs!