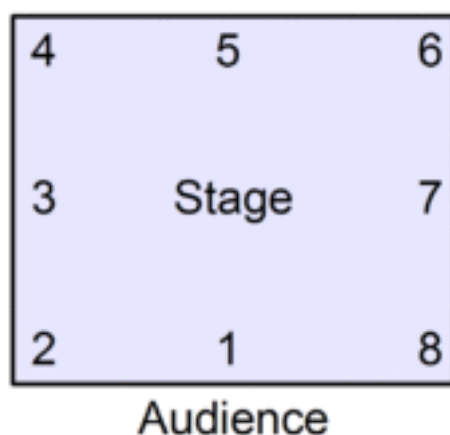


Holistic Ballet Easter Workshop 2017
La Bayadère: Gamzatti variation, act II



Counts	Steps	Arms
Part 1 jumps		
+1	Glissade (+)- grand capriole in efface (1), from point 6 → 4/3	Low allongé (+), 4 th pos./left 5 th pos. (1)
2-4	Chassé (2)- grand pas de chat/ flic jeté (3), finish plié 4 th / left front (4)	2 nd pos. (+), allongé front (3)
5-7	Relevé-passé en tournant: en dedans/right back to front (5), en dehors/ right front to back (6), en dedans/ right back to front (7)	4 th positions: right 5 th (5), left 5 th (6), right 5 th (7)
8	Relevé-développé croisé front tow. point 8	Open right a bit
1-4	Pas courru- grand jeté in attitude croisé back, 2x	Both 2 nd , or 4 th pos./ left 5 th
5-6, 7-8	Bourrée in 5 th (5-6), via temps lié- tendu efface back (7-8)	5 th (5-6), 4 th arabesque (7-8)
Part 2 Tours attitudes		
1-2	Balance en tournant from point 8 → 4	Allongé front to arabesque/ right front
3-4	Via plié 4 th - 1 ½ tours attitude on right/ start to point 4, finish 3 rd arabesque plié tow. point 8	5 th , over 1 st pos. to 3 rd arabesque
5-8	repeat	
1-2	Repeat balancé	
3-4-5	Via tombé 4 th - pirouette en dedans/tow. point 4, plié- soutenu (5)	5 th , open 2 nd (plié), en dedans to 5 th (soutenu)
6-8	Run to point 6, preparation for turns/ right tendu croisé front	2 nd pos. (run), right allongé front (prep)
Part 3		

Diagonal turns		
1-4, 5-8	2 x tour piqué (1-2), 1 soutenu (3), chainés (4), repeat (we skip the extra turns some ballerinas do here)	1 st pos. (1 st piqué), right 5 th + left 1 st (2 nd piqué), allongé/ left front (soutenu), 1 st pos. (chainés)
1-4. 5-6	Finish tendu efface back/left back (1-2), facing audience- change to tendu efface front/ left front (3), run to point 8 (4-6)	Grand allongé/ right high (tendu back), right to 5 th pos. (tendu front)
7-8	Step to 5 th on pointe/ place right behind, point 2	Left 5 th , right 1st
Part 4 Manège		
+1-2	Chassé (+), grand pas de chat (1), finish left 4 th in front (2)	2 nd (+), allongé front (1)
3-4	2 steps (rhythmic/ syncopated) (+3)- piqué 1 st arabesque, close 5 th behind on pointe	Right 5 th , left allongé side
5-8	Repeat	
1-2	Repeat chassé- grand pas de chat	
3-4	Soutenu to face point 2 (3), chassé (4)	5 th
5-7	3 grands pas de chats, last finish 5 th plié/ left front	1 st : Allongé (right high), 2 nd : allongé front (both), 3 rd : 5 th
8	Relevé 5th	High V- allongé

We follow: <https://www.youtube.com/watch?v=7boHPDkS4gM> until part 4 (manège). Then we follow: <https://www.youtube.com/watch?v=xJgn8eakQ9s>