

Holistic Ballet® Autumn Intensive 2016
Serenade Script

Stage Directions

Upstage Right	Upstage Center	Upstage Left
Stage Right	Center Stage	Stage Left
Downstage Right	Downstage Center	Downstage Left

Audience

dsPart 1	
	Stand in parallel, en face (tow. Audience), right arm extended w. flexed hand tow. Downstage right
	Extend hand and soften arm, bring back of wrist to forehead, look down over left shoulder
	Right hand to left shoulder, look down over right shoulder
	Both arms down to preparation pos., look down at hands
	Feet open to 1 st pos.(on 6)
	Right leg tendu side (2), open arms sideways to shoulder height (2-3-4)
	Close leg to 5 th pos., arms to preparation pos.
	Lift arms over 1 st pos. to 2 nd pos., tilt head back
Part 2	
	Powerfully move arms to preparation then up to 5 th pos., bring head upright
	Push from right foot to lift right leg up sideways, tombé to 1 st arabesque in plié towards stage right
	Close left leg front to small 4 th pos. in plié w. left arm high, step left leg back to lunge w. right arm high (change of épaulement), keep feet and lift left arm
	Swivel leftways on left leg until facing downstage right
	Plié on left leg, right leg bent behind, wave arms 7x towards downstage left
	Open right leg via cou-de-pied to tendu side, open arms sideways to shoulder height
	Close right leg 5 th pos. front, keep arms side
	Plié in 5 th and arms to preparation pos., little 'hop', left leg via cou-de-pied to tombé écarté back tow. upstage left, right leg extended
	Close right leg to plié 5 th front, repeat tombé tow. upstage right (right leg does cou-de-pied)
	Close left leg plié 5 th front, relevé-développé efface front, tombé
	Repeat other side: close right leg plié 5 th front, relevé-développé efface front, tombé
	Drag bent left leg in parallel to bring legs together onto relevé, left arm lifted
	On relevé push hips forward and fall onto right leg/ left leg extended back
	Step right-left to relevé easy 1 st pos., arms alongé front w. right arm high, left arm low

	Turn leftways tow. upstage left and run to back corner to plié-tendu efface back (plié on left, tendu right, arms alongé front w. left arm high, right arm low)			
Part 3				
	Row 1	Row 2	Row 3	Row 4
	½ soutenu (rightways) tow. downstage right, arms to 5 th pos.			
	Run to front corner to plié-tendu efface back (plié on right, tendu left leg) w. arms in 5 th , upper body leans forward to make diagonal line			
		½ soutenu (rightways) tow. downstage right, arms to 5 th pos.		
	Bring left (tendu) leg in to parallel in plié en face	Run to front corner to plié-tendu efface back (plié on right, tendu left leg) w. arms in 5 th , upper body leans forward to make diagonal line		
			½ soutenu (rightways) tow. downstage right, arms to 5 th pos.	
	Bend upper body sideways to left	Bring left (tendu) leg in to parallel in plié en face	Run to front corner to plié-tendu efface back (plié on right, tendu left leg) w. arms in 5 th , upper body leans forward to make diagonal line	
	Open right leg side to slide down	Open left leg side	Bring left (tendu) leg in to parallel in plié en face	½ soutenu (rightways) tow. downstage right, arms to 5 th pos.
		Bend upper body sideways to left	Bend upper body sideways to right	Run to front corner to plié-tendu efface back (plié on right, tendu left leg) w. arms in 5 th , upper

				body leans forward to make diagonal line
	Place right hand on floor and sit on right buttocks and fold right leg under, left leg bent/ crossed over, legs tow. stage left, left arm in open 5 th pos.			
		Open left arm to interlace w. left arm of 1 st row girl		
		Twist upper body tow. 3 rd row girl and interlace right arms	Open right leg to tendu back and turn upper body to stage left, interlace right arm with right arm of 2 nd row girl	
			Twist upper body tow. 4 th row girl, interlace left arms	Straighten plié leg, interlace left arm with 3 rd row girl
	Bring right hand up to hold 2 nd row girl's left hand (turn with it)	Follow 3 rd row girl upper body faces audience	Follow 4 th row girl with back to audience	4 steps toward downstage right: left, right, left, right
	Place left hand on floor next to hip, finish with left leg bent in front, right leg slightly bend behind, facing downstage right	Turn slightly rightways to face 1 st row girl, finish plié-tendu (plié on left, tendu right)	Finish right leg tendu back facing upstage left	4 quicker steps, over plié 4 th pos. to tendu 1 st arabesque (left leg behind)