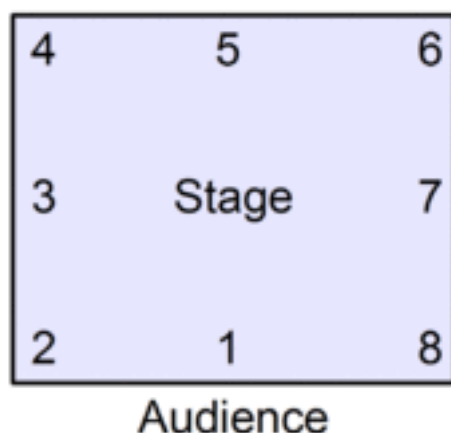


## Holistic Ballet Easter Workshop 2017

### La Bayadère: Entrance Of The Shades



Counts	Steps	Arms
<b>Part 1</b>		
1-2+	Step to tendu 1 <sup>st</sup> arabesque (right leg front) (1), lift (2), plié (+)	1 <sup>st</sup> arabesque/ right arm front
3	plié 4 <sup>th</sup> pos. (left behind)- right leg tendu front, twisted back bend	2 arms to 5 <sup>th</sup>
4	4 steps: right, left, right, left (one more than on video, so we can change legs each time)	Arms tow. 1 <sup>st</sup> pos.
5-6+	Step to tendu 1 <sup>st</sup> arabesque (left leg front) (5), lift (6), plié (+)	Left arm front, right arm side
7	plié 4 <sup>th</sup> pos. (right behind) - left leg tendu front, twisted back bend	2 arms to 5 <sup>th</sup>
8	4 steps: left, right, left, right	Arms tow. 1 <sup>st</sup> pos.
	Continue.....	
5-6	Walk to formation, épaulement, 5 <sup>th</sup> pos. tow. Point 8	5 <sup>th</sup> pos.
7-8		2 <sup>nd</sup> → bras bas/ preparation pos.
<b>Part 2</b>		
1-2	Plié	Right wrist crossed over
3-4, 5-8	rise to pointe 5 <sup>th</sup> , stay (5-8)	Open to low allongé
1-2	Down to 5 <sup>th</sup>	Tow. Preparation pos.
3-8	Développé écarté front w. right leg, hold (6-8)	1 <sup>st</sup> → allongé, right high
1-2	Tendu écarté, close 5 <sup>th</sup> efface front tow. point 2	Low allongé, prep. Pos.
3-4, 5-8	Tendu 1 <sup>st</sup> arabesque, left leg back, lift (4), hold (5-8)	Lift to 1 <sup>st</sup> arabesque
1-8	Onto left knee (1), right ext efface front (2), twisted back bend (4), hold (5-8)	Low 2 <sup>nd</sup> → over side to 5 <sup>th</sup> (3)
<b>Part 3</b>		
1-2	Right leg bend, change to croisé tow. point 8 (2)	Open a bit (1), prep. pos. around right knee (2)
3-4	Rise to pointe (first left, then right), keep torso down, bourrée on the spot	Prep. Pos.
5-8, 1-4	Bourrée backwards, face tow. point 8, torso rises gradually	Gradually tow. 5 <sup>th</sup> pos.

5-6	Cont. to bourrée, small tilt forward (5), upright (6)	Palms down (5), 5 <sup>th</sup> pos. (6)
7-8	Cont. to bourrée	Open to 2 <sup>nd</sup> pos., palms up
1-2	Bourrée (1), tendu in plié croisé front (right front), torso bent forw.	Allongé (1), prep. pos. (2)
3-4, 5-8	Onto pointe (right leg first, then left), bourrée, torso gradually up	Gradually to 4 <sup>th</sup> pos. (right to 5 <sup>th</sup> )
1-4	Cont. to bourrée	4 <sup>th</sup> pos.
5-8	Cont. to bourrée, small side bend tow. left (5), up (6)	4 <sup>th</sup> pos. allongé (5), 4 <sup>th</sup> pos. (6), 2 <sup>nd</sup> (7), 3 <sup>rd</sup> pos. (right to 1 <sup>st</sup> ) (8)
1	Via tiny temps lié step to 4 <sup>th</sup> arabesque tow. point 8 (left back)	4 <sup>th</sup> arabesque
2	Tendu in plié efface front (left leg passes from back to front) tow. point 8, torso bent forw.	Prep. pos.
3-4	Bourrée en tournent from point 8 to point 2, bring left leg to 5 <sup>th</sup> in front, turn tow. left	4 <sup>th</sup> pos. (left 5 <sup>th</sup> ), open left slightly (3+), back to 5 <sup>th</sup> (4)
5-8	Repeat on other side: 4 <sup>th</sup> arabesque tow. point 2 (right back), tendu in plié efface front (right front) tow. point 2, bourrée en tournent, turn tow. right	Over 1 <sup>st</sup> pos. to 4 <sup>th</sup> arabesque (left front) (5), prep. pos. (6), 4 <sup>th</sup> pos. (right 5 <sup>th</sup> ) (7), open slightly (7+)- 5 <sup>th</sup> (8)
1-4	Repeat on first side again but bourrée en tournent until point 8, finish efface (left front)	Open to 2 <sup>nd</sup> pos.
5	Down to 5 <sup>th</sup> efface tow. point 8	Prep. pos.
6-8	Tendu 1 <sup>st</sup> arabesque (right back) (6), lift (7-8)	Low 1 <sup>st</sup> arabesque (left front) (6), lift (7-8)
9-12	Hold (9-11), lift a bit/breath (12)	Hold (9-11), lift allongé (12)
<b>Part 4</b>		
1-2	Brush back leg through 1 <sup>st</sup> pos. to tendu in plié croisé front tow. point 8	Crossed wrists (right on top)
3-4	4th row: torso bends forw. (3) rises to bourrée effacé/ point 3, right front (4)	Prep. pos. (3). allongé front, right high, left low (4)
5-6, 7-8	3 <sup>rd</sup> row same (5-6), cont. to bourrée (7-8)	
1-2, 3-4	Repeat 2 <sup>nd</sup> (1-2), cont. to bourrée (3-4)	
5-6, 7-8	Repeat 1 <sup>st</sup> row (5-6), cont. to bourrée (7-8)	
1-2	Via small cou-de-pied w. left, tombé to kneeling (left knee),	Pre. Pos.
3-4, 5-8	Extend right leg forw. (point 2) (3), small twisted back bend (4), hold (5-8)	Over side (3) to 5 <sup>th</sup> (4)
1-4	Small tilt forward (1), return (2-3), hold (4)	Palms down (1), return to 5 <sup>th</sup> (2-3)
5	Right leg bend in front, change to en face/ point 1	5 <sup>th</sup> pos.
6	Come up to tendu back (left back), en face/ point 1	5 <sup>th</sup> pos.
7-8, 9-12	Walk to the sides, pose in tendu efface front tow. point 3, transfer to tendu efface back	Over 2 <sup>nd</sup> pos. → 1 <sup>st</sup> pos → allongé front