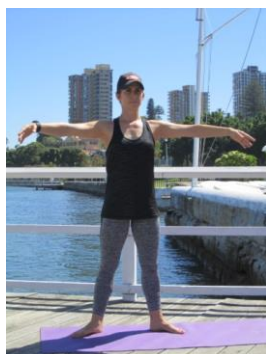


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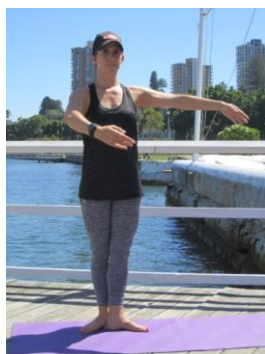
Positions for classical dance



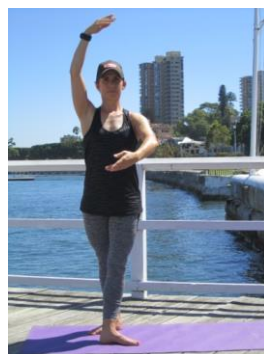
First



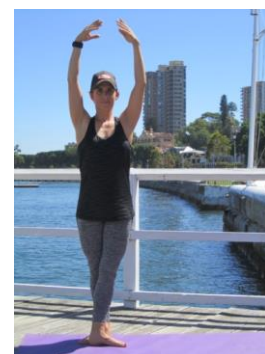
Second



Third

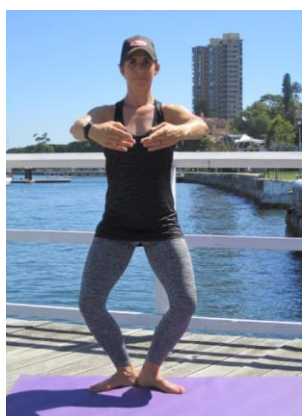


Fourth



Fifth

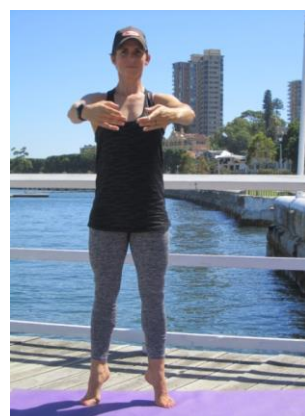
Basic Movements



Demi plie



Grande plie



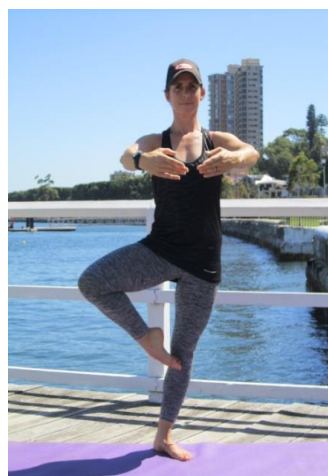
Rise



Tendu



Glissé



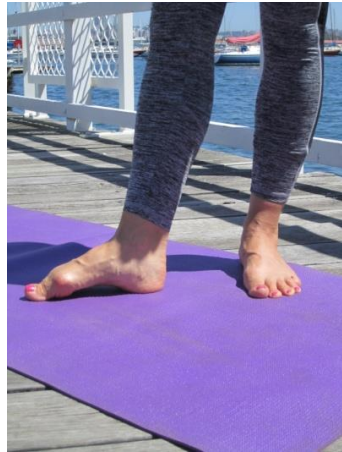
Retiré

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Foot control for dance

Doming – this exercise creates strength in the small muscles of the foot.

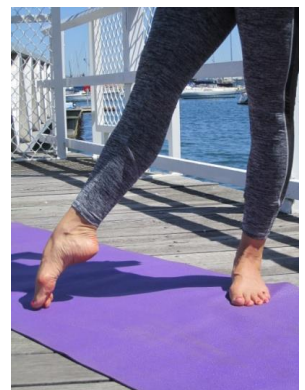
Please also refer to the instructional video on the YouTube channel *strength4dance, Technique Tuesday (Doming & short foot)*.



Foot articulation

Working through the foot is essential for getting proper point range and strength. We want to avoid scrunching the toes and create length in the foot.

Please also refer to the instructional video on the YouTube channel *strength4dance, Technique Tuesday (Release & PTDP)*



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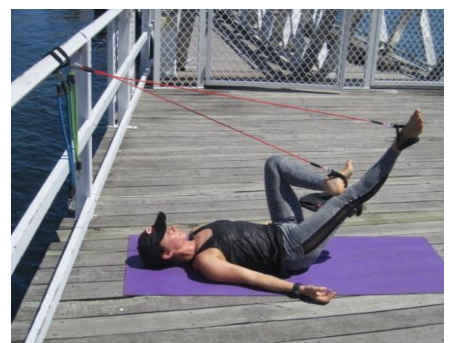
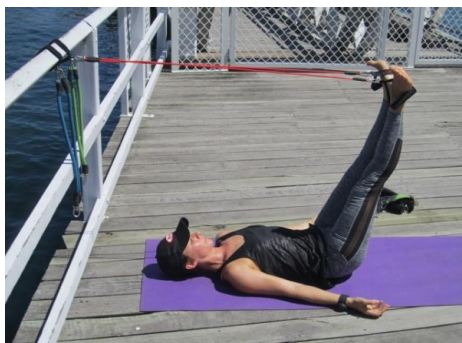
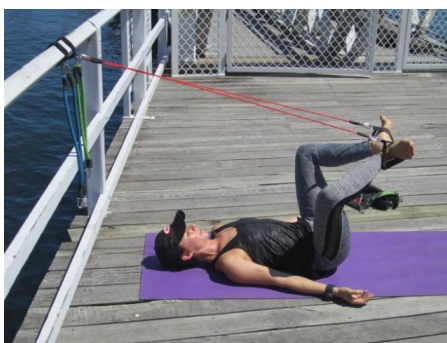
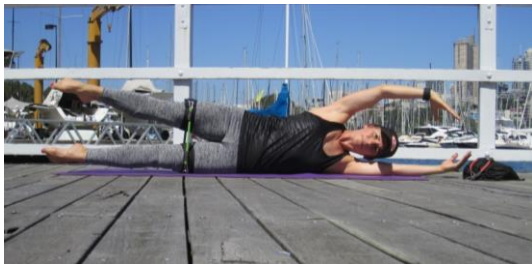
Turnout training

When using turnout in dance is it important to train the deep muscles of the hip. This exercise is one of the ways we can start to strengthen this muscle group.

Please also refer to the instructional video on the YouTube channel *strength4dance, Technique Tuesday (Turnout part 1-4)*



You can then train the outer muscles of the hip and work into retire, both with the leg bands or the upper limb bands, similar to that of reformer Pilates training.



Band-ITS..... your *Band Independent Training System*

Free resource channel for creating a strong and healthy body for dance.

YouTube *strength4dance*

The screenshot shows the YouTube channel page for 'Strength4Dance'. The channel has 674 subscribers. The banner image shows a person in a dynamic dance pose against a blue sky. The channel name 'Strength4Dance' is prominently displayed. Below the name are navigation tabs: HOME, VIDEOS, PLAYLISTS, CHANNELS, and ABOUT. A search icon is also present. The 'HOME' tab is selected, showing a featured video titled 'Why strength4dance?' with 201 views. Below this, the 'Uploads' section displays a grid of five video thumbnails with titles like 'LEG SLIDES', 'Lunge & Press Combo', 'CY WORK STAIR DRILLS', 'ABDO PREP MINI CRUNCH', and 'NECK STRENGTH DEEP NECK FLEXORS'. To the right, the 'FEATURED CHANNELS' section lists 'Band-ITS' and 'Pro-Align Pilates' with 'SUBSCRIBE' buttons.



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Band-ITS & strength4dance

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