

Return to the studio – Dancer self-assessment

Fill out each assessment tool as you complete

Grand plié in 5th both sides: Watching alignment of neutral pelvis and knees through center of foot.

Right foot forward:

Left foot forward:

25 single leg elevés/calf rises: maintain straight knee, no rocking forward, heel down → full demi pointe each time. If it has been a while, work up to this starting by standing on both feet, and progress to single leg.

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Airplane: at least 4/5 correct each side – pelvis square to floor, back leg in straight line with trunk and parallel to the floor, standing leg parallel and knee tracking over center of the foot each time without loss of balance between repetitions. Fingertips tap floor lightly each time.

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Single leg sauté in parallel: at least 8/16 with arms crossed over chest, jumping leg in parallel, land and take off with knee controlled over center of foot, foot pointed under you, and staying more or less in the same spot on floor. If you have not jumped for a while, start by jumping on both feet in parallel at the counter, then single leg, then come center gradually.

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Single pirouette from 4th: control landing into 5th

Right:

Left:

Passé relevé balance: Goal is x15 seconds both sides

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Single leg bridge: x 5 each side. Lie on back with knees bent. Lift one leg to 90/90 position. Push hips off floor. Keep hips square the whole time. Shin of leg that is down should be about perpendicular to the floor. Keep 90/90 leg up and repeat.

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Double leg lower: hands behind back, legs straight up to ceiling, slowly lower legs down to floor. Try to get legs to 45 degrees from the floor or lower before your pelvis starts to tip.

It will be helpful to video yourself doing these assessments to watch your form. The “slo-motion” function on your phone video camera can be a good tool as well for the faster movements such as the sauté.

Are you returning to pointe work? We recommend no pointe shoes for at least the first 3-6 weeks upon returning to the studio. Tendons hate surprises, so start back slowly. You should be able to complete 25 single leg calf rises/ elevés on each side before returning to pointe work. Start back with them at the barre. You may also consider getting re-fitted for pointe shoes after the time off.

Please reach out to us with questions!

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