

Pedagoger 2016

Classical Ballet

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*“...the essential components of learning and performing classical ballet: **the tendue— the plié—the port de bras—aplomb** (or stance; which includes extending, contracting, arching, and twisting); from these four the positional ideas can be formed and taught. ”*

E. Cecchetti

*“... Definite **stability** is achieved only when a dancer realizes and feels the colossal part that the back plays in **aplomb**. The stem of aplomb is the spine. ”*

Vaganova

Observation: most dancers are lack stability.

How to achieve better stability?

Turnout

Turnout is understood to be a necessary component of many dance idioms (forms of dancing). Turnout describes the position of the legs in which each leg is rotated in the opposite direction from the other and facing away from the midline of the body as observed from the front.

Summative contributions of the **hip, knee, tibia, and foot** create the dancer's turnout.

In most cases, dancers do not possess perfect turnout, or complete external rotation from the hip, without associated adjustments to support the rotation through the rest of the lower leg.

Turnout ≠ External hip rotation [3D images](#) ca.4 min
Turnout and external hip rotation are not the same thing.

Dancers learn and eventually master movement from the ideas or images they create of the movement they perform and not by trying to coordinate and control individual muscle activation, or to achieve some ideal of perfection that is anatomically unrealistic.

Dancers can safely execute the skills requiring external rotation only if they have a sound knowledge of their individual range of motion capabilities.

In order to have functional use of the muscles that externally rotate the hip it is important for dancers to **develop sufficient core support** and **good pelvic alignment in dynamic movement**.

Good alignment and muscle balance in the lower leg will also contribute to stability and control for turnout.

Some facts to consider

- The hip is designed more for stability than mobility (opposite situation at the shoulder joint) Consequently, the hip socket is deeper and the capsule and ligaments are stronger than at the shoulder.
- Any movement in the pelvis modifies the three spinal curves. [3D images](#)
- Muscles in poor alignment are at a biomechanical disadvantage.

Sample dance [link](#)

Dance steps:

- Basic ports de bras
- Relevé parallel
- Pas de bourrée suivi
- Triplets
- Basic weight transfer
- Balancé de côté crossing the foot front in attitude position on the floor
- Attitude position

Bibliografi

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Websites

- IADMS. Turnout for dancers. https://c.ymcdn.com/sites/www.iadms.org/resource/resmgr/resource_papers/turnout_for_dancers_anatomy.pdf
- The ballet blog: <http://www.theballetblog.com/portfolio/the-importance-of-crawling/>
- Progressing ballet technique: <http://www.progressingballettechnique.com/>