

Single pirouette (parallel)

Introduction: Single pirouette (parallel)

- ◆ Peer-WET
- ◆ This term means to whirl or to spin. This is a complete turn of the body performed on one foot; the body must be well centered over the supporting leg with the back held strongly and the hips and shoulders aligned. The force of momentum from a pirouette comes from the use of the arms and of the plié.
- ◆ To learn how to execute a Single pirouette (parallel), the dancer must first possess the knowledge and capabilities to execute the following:
 - ◆ Basic body alignment
 - ◆ Plié and Relevé
 - ◆ Tendu and Dégagé
 - ◆ Passé
 - ◆ Knowledge of Spotting



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Instruction: Single pirouette (parallel)

Right and Left Side, Single pirouette (parallel)			
Count	Right Side	Count	Left Side
1	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	1	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position
2	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	2	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front
3	Bring Rt leg to passé, complete a single rotation turning over the Rt shoulder (in a clockwise direction), Arms in a T with palms pressing down	3	Bring Lt leg to passé, complete a single rotation turning over the Lt shoulder (in a clockwise direction), Arms in a T with palms pressing down
4	Lower your Rt leg from passé into first position parallel, in plié	4	Lower your Lt leg from passé into first position parallel, in plié

Helpful Hints:

- ◆ Remember to plié in your preparation so that you can have some place to go (up!) for the relevé in the turn.
- ◆ Power for pirouettes come from three things, alter the force exerted on the below three things in order to achieve the number of rotations you desire:
 - ◆ Knowledge of spotting
 - ◆ Plié in preparation
 - ◆ Stability of arms in turn
- ◆ The plié in the preparation needs to be continuous into the relevé in the turn – don't break up the two movements. The relevé needs to not be a "this is what comes next" movement, but rather a "reflex" to the plié (preparation).
- ◆ Think about connecting yourself to the floor through the supporting leg (a type of downward force) while also envisioning an upward force through the spine and out through the top of the head.
- ◆ When turning, always be sure to "grab" your spot in the preparation; don't wait for the turn to begin.

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Points of Focus: Single pirouette (parallel)

Focus Point #	DON'T	DO
1	Keep the back heel on the ground in the preparation	Release the back heel in the preparation – only the ball of the foot of the back foot and the entire foot of the front foot should be on the floor in the preparation
2	Allow the front knee to be in front of the front ankle	Keep the front knee directly in line (on top of) the front ankle
3	Allow the front knee to be behind the front ankle	Keep the front knee directly in line (on top of) the front ankle
4	Have “droopy” arms in the preparation	Remember that power for your pirouette comes from your arms... have them strong and stable in the preparation, as if they're pushing down on a tabletop
5	Have straight legs in the preparation	Have both legs in plié in the preparation; they are both parallel so the front knee is directly forward and the back knee is down towards the ground
6	Open your arms past the “L” position in your preparation; this causes your ribs to open	Keep your arms in the “L” position in the preparation; this helps to keep the shoulders and hips square to the front
7	Look down during the preparation	Keep your focus at eye level and “grab” your spot in the preparation
8	Over cross your feet in the preparation	Keep them in fourth position parallel; the heel and toe are not aligned as they are in fourth position closed (turned out), the heel and toes of both feet are hip width apart
9	Forget to spot	Always spot your turns – “grab” your spot in the preparation
10	Lift the hip in the passé during the pirouette	Keep hips level and square, not lifted, tilted, or tucked

11	Lean torso backwards	Keep shoulders directly over your hips – this is the key to balancing in relevé and you must be able to balance in order to achieve any number of rotations
12	Lean torso forward	Keep shoulders directly over your hips – this is the key to balancing in relevé and you must be able to balance in order to achieve any number of rotations
13	Open your ribcage	Keep your ribcage closed
14	Disconnect your passé during your turn	Think of your supporting leg and your working leg (passé) as magnets – they must always, and immediately, connect
15	Turn with a flat foot	Turn on relevé
16	Turn on a low relevé	Turn on a high relevé

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Beginner Exercise: Single pirouette (parallel)

♦ **Performed:** Across the Floor

Count	Right Side	Count	Left Side	Count	Helpful Hints
1	Begin with Rt leg back, step forward with Rt leg	1	Begin with Lt leg back, step forward with Lt leg	1	Keep legs and feet parallel
2	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel with Lt foot in front, legs in plié, arms in an "L" with Rt arm in front)	2	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel with Rt foot in front, legs in plié, arms in an "L" with Lt arm in front)	2	Release back heel
3	Bring Rt foot to passé, balance on flat foot	3	Bring Lt foot to passé, balance on flat foot	3	Connect passé, make it a high passé (try to make the knee be aligned with the bellybutton)
4		4		4	
5	Step forward with Rt leg	5	Step forward with Lt leg	5	Keep legs and feet parallel
6	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel with Lt foot in front, legs in plié, arms in an "L" with Rt arm in front)	6	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel with Rt foot in front, legs in plié, arms in an "L" with Lt arm in front)	6	Keep front knee over front ankle
7	Bring Rt foot to passé, balance on flat foot	7	Bring Lt foot to passé, balance on flat foot	7	Check all body alignment and make sure it is correct (hips, abdominals, ribcage, shoulder blades)
8		8		8	
1	Begin with Rt leg back, step forward with Rt leg	1	Begin with Lt leg back, step forward with Lt leg	1	Keep legs and feet parallel
2	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel with Lt foot in front, legs in plié, arms in an "L" with Rt arm in front)	2	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel with Rt foot in front, legs in plié, arms in an "L" with Lt arm in front)	2	Release back heel
3	Bring Rt foot to passé, balance on flat foot	3	Bring Lt foot to passé, balance on flat foot	3	Connect passé, make it a high passé (try to make the knee be aligned with the bellybutton)
4		4		4	
5	Step forward with Rt leg	5	Step forward with Lt leg	5	Keep legs and feet parallel
6	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel	6	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel	6	Keep front knee over front ankle

	with Lt foot in front, legs in plié, arms in an "L" with Rt arm in front)		with Rt foot in front, legs in plié, arms in an "L" with Lt arm in front)		
7	Bring Rt foot to passé, balance on flat foot	7	Bring Lt foot to passé, balance on flat foot	7	Check all body alignment and make sure it is correct (hips, abdominals, ribcage, shoulder blades)
8		8		8	

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Intermediate Exercise: Single pirouette (parallel)

♦ **Performed:** Across the Floor

Count	Right Side	Count	Left Side	Count	Helpful Hints
1	Begin with Rt leg back, step forward with Rt leg	1	Begin with Lt leg back, step forward with Lt leg	1	Keep legs and feet parallel
2	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel with Lt foot in front, legs in plié, arms in an "L" with Rt arm in front)	2	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel with Rt foot in front, legs in plié, arms in an "L" with Lt arm in front)	2	Release back heel
3	Bring Rt foot to passé, balance on relevé	3	Bring Lt foot to passé, balance on relevé	3	Connect passé, make it a high passé (try to make the knee be aligned with the bellybutton)
4		4		4	
5	Step forward with Rt leg	5	Step forward with Lt leg	5	Keep legs and feet parallel
6	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel with Lt foot in front, legs in plié, arms in an "L" with Rt arm in front)	6	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel with Rt foot in front, legs in plié, arms in an "L" with Lt arm in front)	6	Keep front knee over front ankle
7	Bring Rt foot to passé, balance on relevé	7	Bring Lt foot to passé, balance on relevé	7	Check all body alignment and make sure it is correct (hips, abdominals, ribcage, shoulder blades)
8		8		8	
1	Begin with Rt leg back, step forward with Rt leg	1	Begin with Lt leg back, step forward with Lt leg	1	Keep legs and feet parallel
2	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel with Lt foot in front, legs in plié, arms in an "L" with Rt arm in front)	2	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel with Rt foot in front, legs in plié, arms in an "L" with Lt arm in front)	2	Release back heel
3	Bring Rt foot to passé, balance on relevé	3	Bring Lt foot to passé, balance on relevé	3	Connect passé, make it a high passé (try to make the knee be aligned with the bellybutton)
4		4		4	
5	Step forward with Rt leg	5	Step forward with Lt leg	5	Keep legs and feet parallel
6	Step forward with Lt leg and assume position for pirouette preparation (fourth position parallel	6	Step forward with Rt leg and assume position for pirouette preparation (fourth position parallel	6	Keep front knee over front ankle

	with Lt foot in front, legs in plié, arms in an “L” with Rt arm in front)		with Rt foot in front, legs in plié, arms in an “L” with Lt arm in front)		
7	Bring Rt foot to passé, balance on relevé	7	Bring Lt foot to passé, balance on relevé	7	Check all body alignment and make sure it is correct (hips, abdominals, ribcage, shoulder blades)
8		8		8	

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Advanced Exercise: Single pirouette (parallel)

◆ **Performed:** Centre

Count	Right Side	Count	Left Side	Count	Helpful Hints
1	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	1	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	1	Make sure ribcage is closed
2	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	2	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front	2	Release the back heel
3	Bring Rt leg to passé, complete a quarter rotation turning over the Rt shoulder (in a clockwise direction)	3	Bring Lt leg to passé, complete a quarter rotation turning over the Lt shoulder (in a clockwise direction)	3	Come up onto a high relevé
4	Lower your Rt leg from passé into first position parallel, in plié	4	Lower your Lt leg from passé into first position parallel, in plié	4	Finish in plié
5	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	5	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	5	Make sure ribcage is closed
6	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	6	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front	6	Release the back heel
7	Bring Rt leg to passé, complete a quarter rotation turning over the Rt shoulder (in a clockwise direction)	7	Bring Lt leg to passé, complete a quarter rotation turning over the Lt shoulder (in a clockwise direction)	7	Come up onto a high relevé
8	Lower your Rt leg from passé into first position parallel, in plié	8	Lower your Lt leg from passé into first position parallel, in plié	8	Finish in plié
1	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	1	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	1	Make sure ribcage is closed

2	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	2	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front	2	Release the back heel
3	Bring Rt leg to passé, complete a quarter rotation turning over the Rt shoulder (in a clockwise direction)	3	Bring Lt leg to passé, complete a quarter rotation turning over the Lt shoulder (in a clockwise direction)	3	Come up onto a high relevé
4	Lower your Rt leg from passé into first position parallel, in plié	4	Lower your Lt leg from passé into first position parallel, in plié	4	Finish in plié
5	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	5	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	5	Make sure ribcage is closed
6	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	6	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front	6	Release the back heel
7	Bring Rt leg to passé, complete a quarter rotation turning over the Rt shoulder (in a clockwise direction)	7	Bring Lt leg to passé, complete a quarter rotation turning over the Lt shoulder (in a clockwise direction)	7	Come up onto a high relevé
8	Lower your Rt leg from passé into first position parallel, in plié	8	Lower your Lt leg from passé into first position parallel, in plié	8	Finish in plié, you should end facing front
1	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	1	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	1	Make sure ribcage is closed
2	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	2	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front	2	Release the back heel
3	Bring Rt leg to passé, complete a half rotation turning over the Rt shoulder (in a clockwise direction)	3	Bring Lt leg to passé, complete a half rotation turning over the Lt shoulder (in a clockwise direction)	3	Come up onto a high relevé
4	Lower your Rt leg from passé into first position parallel, in plié	4	Lower your Lt leg from passé into first position parallel, in plié	4	Finish in plié, you should end facing front
5	Begin with feet	5	Begin with feet	5	Make sure ribcage is

	together in parallel first position. Step out to the Rt with the Rt foot, arms in second position		together in parallel first position. Step out to the Lt with the Lt foot, arms in second position		closed
6	Step forward with the Lt foot into fourth position parallel plié, arms in an “L” with the Rt arm in front	6	Step forward with the Rt foot into fourth position parallel plié, arms in an “L” with the Lt arm in front	6	Release the back heel
7	Bring Rt leg to passé, complete a half rotation turning over the Rt shoulder (in a clockwise direction)	7	Bring Lt leg to passé, complete a half rotation turning over the Lt shoulder (in a clockwise direction)	7	Come up onto a high relevé
8	Lower your Rt leg from passé into first position parallel, in plié	8	Lower your Lt leg from passé into first position parallel, in plié	8	Finish in plié, you should end facing front
1	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	1	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	1	Make sure ribcage is closed
2	Step forward with the Lt foot into fourth position parallel plié, arms in an “L” with the Rt arm in front	2	Step forward with the Rt foot into fourth position parallel plié, arms in an “L” with the Lt arm in front	2	Release the back heel
3	Bring Rt leg to passé, complete a full rotation turning over the Rt shoulder (in a clockwise direction)	3	Bring Lt leg to passé, complete a full rotation turning over the Lt shoulder (in a clockwise direction)	3	Come up onto a high relevé
4	Lower your Rt leg from passé into first position parallel, in plié	4	Lower your Lt leg from passé into first position parallel, in plié	4	Finish in plié, you should end facing back
5	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	5	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	5	Make sure ribcage is closed
6	Step forward with the Lt foot into fourth position parallel plié, arms in an “L” with the Rt arm in front	6	Step forward with the Rt foot into fourth position parallel plié, arms in an “L” with the Lt arm in front	6	Release the back heel
7	Bring Rt leg to passé, complete a full rotation turning over the Rt shoulder (in a clockwise direction)	7	Bring Lt leg to passé, complete a full rotation turning over the Lt shoulder (in a clockwise direction)	7	Come up onto a high relevé

8	Lower your Rt leg from passé into first position parallel, in plié	8	Lower your Lt leg from passé into first position parallel, in plié	8	Finish in plié, you should end facing front
1	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	1	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	1	Make sure ribcage is closed
2	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	2	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front	2	Release the back heel
3	Bring Rt leg to passé, complete a full rotation turning over the Rt shoulder (in a clockwise direction)	3	Bring Lt leg to passé, complete a full rotation turning over the Lt shoulder (in a clockwise direction)	3	Come up onto a high relevé
4	Lower your Rt leg from passé into first position parallel, in plié	4	Lower your Lt leg from passé into first position parallel, in plié	4	Finish in plié, you should end facing back
5	Begin with feet together in parallel first position. Step out to the Rt with the Rt foot, arms in second position	5	Begin with feet together in parallel first position. Step out to the Lt with the Lt foot, arms in second position	5	Make sure ribcage is closed
6	Step forward with the Lt foot into fourth position parallel plié, arms in an "L" with the Rt arm in front	6	Step forward with the Rt foot into fourth position parallel plié, arms in an "L" with the Lt arm in front	6	Release the back heel
7	Bring Rt leg to passé, complete a full rotation turning over the Rt shoulder (in a clockwise direction)	7	Bring Lt leg to passé, complete a full rotation turning over the Lt shoulder (in a clockwise direction)	7	Come up onto a high relevé
8	Lower your Rt leg from passé into first position parallel, in plié	8	Lower your Lt leg from passé into first position parallel, in plié	8	Finish in plié, you should end facing front

