

Ballet Class Activities

Ballet 1A, 1B, 2, and 3

Video Playlist: [Coppélia](#)

Ballet Class Music: [Coppélia Ballet Class Vol. 1](#) by Debbi Parks and Norman Higgins

Orchestral Music: [Delibes: Coppélia \(Complete Ballet\)](#)

Mechanical Doll Port de Bras

For today's arm positions and port de bras exercises, have your students pretend they are mechanical dolls. Rather than moving slowly from one arm position to the next, have your students mechanically move to each position in a choppy manner. While we don't always want our students to always execute port de bras in this way, this can be a good exercise to starkly contrast between correct and incorrect carriage of the arms in port de bras.

Music Box Spotting

The ballet Coppélia opens with Coppélia seated on a balcony reading a book. Coppélia may be a doll, but what if she could turn like a ballerina doll in a music box? Have your students practice today's spotting and pirouette exercises as if they are music box dolls. Remember, they must turn with their spines stacked straight up and down!

Waving to Coppélia

When Swanhilda sees Coppélia reading on the balcony, she waves to her and tries to tell her, "Hello!" But Coppélia does not answer. How would you feel if you were Swanhilda? In today's preparation for soutenu turns, piqué, or traveling turns combinations, have your students stop and pretend to wave to Coppélia mid-way through. When they get to the end, wave again, put their hands on their hips angrily, and stomp off as Swanhilda.

Townsperson Mazurka

There's a big mazurka scene in the ballet where townspeople enter the scene with the mazurka step. Work on the mazurka step with your Ballet 3 students. Once they have it down, have them travel down the diagonal and around the room in a procession-like manner—in a single line or two columns all together.

You can do this same activity with the waltz step for your Ballet 1A, 1B, and 2 students.

Wedding Celebration

The ballet ends with Franz and Swanhilda getting married. Let's celebrate in today's grand allegro combination!