

CENTRAL
MIDWEST
BALLET
Academy

February

Important Dates

February 3+4 – Frozen assets performance

February 6 - Adult open classes begin, Mondays 11:00-12:30, more details on the website!

Week of the 20th – Junior Div. rehearsals begin

Ballet Term of the Month

Sous-Sus



Photo Credit: Kat Steinnon
Dancer: Grace

Sous-Sus is a term that means "under-over". It refers to when a dancer's legs are fully stretched while on relevé, with one leg directly behind the other.

Molly's Memo

The vornado has arrived! CMBA students can't get enough of this fan.

-Molly

Standard 2

In Standard 2, students are required to take at least three technique classes a week along with rehearsal and pointe. In this level students continue to work on refining their technique and building strength. The emphasis on pointework increases and students begin to do rehearsal on pointe.



Standard 2 dancers are also learning a character dance for the Spring Showcase. Character is a stylized dance based on many different traditional and folk dances. It is essential to many classical ballets such as Don Quixote and Swan Lake. Standard 2 will be performing their character dance to music from the ballet Paquita.

Meet Natalie

Natalie began dancing at Spotlight Dance Academy when she was five years old and is now in Standard 2 at CMB. She loves the faculty at CMB and enjoys working with the other dancers. However, Natalie's favorite style of dance is not ballet, but contemporary. She finds that she can really express herself through that form of movement.

Outside of dance she enjoys hanging out with her friends.



About the Editor

Sophie is a sophomore at West High School and dances in the Pre-Professional division.

Photo credit: Kat Steinnon