

# CENTRAL MIDWEST BALLET *Academy*

# APRIL

## *Important Dates*

April 18 - Gilda's Club Performance

May 21 - Spring Showcase  
Performances

May 24 - CMB Academy Open  
House

## *Ballet Term of the Month*

### **Arabesque**



Photo Credit: Kat Stiennon  
Dancer: Tia, Pre-Professional Div.

The most iconic ballet step requires the dancer stand on one straight leg and extend the other leg directly behind him/herself. Arabesque requires an extensive amount of back strength and flexibility, which is why it is so infamous to ballet dancers and audience members.

## *Molly's Memo*

Congrats Lilly (Pre-Pro student) on nailing that double step over turn! - Molly

## Pre-Professional Division

With our Spring Showcase quickly approaching next month, our Pre-Professional Division has been especially busy rehearsing a multitude of variations and pieces. They will be performing a contemporary piece choreographed by our guest teacher, Jacob Brooks, a contemporary quartet, Parthenope, choreographed by Molly, as well as many group and solo pieces from classical ballets. How do they get it all done? They have a total of five hours per week dedicated to rehearsals, broken up into hour and a half and two hour increments on Tuesday, Friday, and Saturday. In rehearsals dancers work on learning the choreography and cleaning the piece. Cleaning is ensuring that all the choreography and dancers match the counts of the music, and making sure the spacing of the dancers is logically adjusted to the size of the stage. Although you may think learning the piece takes a while, it's actually the cleaning that makes us start rehearsing months in advance.

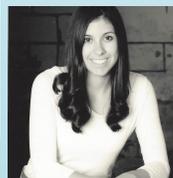


Pre-Professionals rehearsing Brook's contemporary piece

### Meet Maja



Maja is 16 years old and attends Mt. Horeb High School. She will be performing in Flower Festival and Jacob's piece for the upcoming show. Aside from ballet, Maja works at the Princeton Club and dances for her high school's dance team. She ultimately loves dancing because she views it as a way to express herself.



### About the Editor

Heidi Hartmann is a senior at McFarland High, and dances in the Standard Division.