



Bouringdon
DANCE
ACADEMY



MY
DANCE
JOURNAL
2020



This is my Dance Journal

Name

Dance School

Teacher Info

School

.....
.....
.....

Teacher

.....

“Believe
you can
and you
are half
way
there”

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Ballet Glossary

À terre

On the ground/floor

Adage

Slow, soft, sustained, and controlled movement

Arabesque

A position on one leg with the other behind either à terre, or en l'air (up to 90 degrees)

Assemblé

To assemble, to join

Attitude

A position standing on one leg with the other bent at an angle behind, en l'air

Ballonné

To bounce (with a closing action of the working leg)

Battement

To beat (a movement with a closing action)

Chasé

To slide

Coupé

To cut

Croisé

Crossed to the audience (front)

De coté

To the side

Demi

Half

Demi-detourné

Half turn (towards the back foot)

Derrière

To the back

Devant

To the front

Developpé

To develop or to unfold

Echappé

To escape (a jump or relevé from 1st, 3rd or 5th to 2nd or 4th and returning)

En arrière

Travelling backwards

En avant

Travelling forwards

En croix

In the shape of a cross (front, side, back or back, side, front)

En dedans

Inwards (towards the supporting leg)

En dehors

Outwards (away from the supporting leg)

En face

Facing the audience (opposite)

En l'air

In the air

Enchainment

A combination of steps (a linked phrase of movement)

Épaulement

Use of the shoulders, neck and upper back (looking over the shoulder)

Fondu

To melt (a melting action)

Frappé

To strike (like lighting a match on the floor)

Ballet Glossary

Glissade

To glide (a sliding movement from 5th to 5th)

Grand

Large

Jeté

To throw

Ouvert

Open to the audience

Pas de basque

A movement from 5th incorporating a rond de jambe à terre and closing to 5th

Pas de bourrée

Small/tight running steps (5th to 2nd/or 4th back to 5th)

Pas de chat

Step of the cat a jump from 5th to 5th with an overlapping action with each leg bending and unfurling, one after the other

Passé

To pass (retire passé: the working leg's toes supported just under the supporting knee)

Petit

Small

Pirouette

To turn

Plié

To bend

Port de bras

Carriage of the arms (a controlled movement of the arms)

Posé

To step (onto a straight leg)

Relevé

To rise with a small rising action starting with a plié (bent knees)

Retiré

To draw up (the supporting leg)

Rond de jambe

Round of the leg (circle the leg like a protractor on the floor from 0 degrees to either 90 or 180)

Sauté

To spring

Sissonne

A scissor step - a jump from two feet to two feet

Soubresaut

A single jump (without changing the feet)

Soutenu

To sustain (a turning action revolving the feet, either traveling or on the spot)

Sur le cou-de-pied

On the neck of the foot

Temps levé

To hop (a jump taking off and landing on the same foot)

Tendu

To stretch (an extending action of the leg, à terre with a return closing action)

Speak to your teacher about obtaining the full glossary for your syllabus

GLOSSARY NOTES



GLOSSARY NOTES



GLOSSARY NOTES



GLOSSARY NOTES



GLOSSARY NOTES



Important Dates

ANNUAL SHOW DATES

SHOW NAME	START DATE	END DATE

*Competition
and Shows*

THE ULTIMATE CHECKLIST

NAME OF COMPETITION: _____

DANCE NUMBER	COSTUME	SHOES	HAIR PIECE	MUSIC
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THE ULTIMATE CHECKLIST

MAKEUP / BODY

- FOUNDATION
- BRONZER
- BLUSHER
- HIGHLIGHTER
- EYESHADOWS
- EYELINER
- MASCARA
- EYEBROWS
- EYELASHES
- EYELASH GLUE
- LIPSTICK
- LIP LINER
- FACE PAINT
- FACE WIPES
- FAKE TAN
- DEODORANT
- NAIL POLISH REMOVER
- SANITARY PRODUCTS

FOOD & DRINK

- WATER
- FRUITS
- SANDWICHES
- SPORTS DRINKS
- ENERGY BARS

COSTUME RELATED

- ALL COSTUMES
- ALL SHOES
- COSTUME BAGS
- TIGHTS
- SOCKS
- NUDE UNDERWEAR
- JEWELLERY
- SAFETY PINS
- SEWING KIT
- BODY TAPE
- POINTE SHOE RESIN
- SPARE RIBBON
- SPARE LACES
- COVER UP
- WARM UP CLOTHES

HAIR

- HAIR SPRAY
- HAIR NETS
- GRIPS / PINS
- BOBBLES
- BRUSH / COMB
- HAIR DRYER
- STRAIGHTENERS
- CURLING IRON

FIRST AID

- PARACETAMOL
- IBUPROFEN
- PLASTERS
- MUSCLE GEL
- SCISSORS
- ICE PACKS

MISCELLANEOUS

- COPIES OF MUSIC
- CHANGE FOR PARKING
- MONEY FOR PROGRAMME
- MONEY FOR PHOTOS
- PENS / HIGHLIGHTER
- NOTEPAD
- PHONE CHARGER
- HOMEWORK
- BOOKS
- MAGAZINES
- HEADPHONES
- PROPS



MY DANCES & COSTUMES

DANCE	COSTUME & SHOES	HAIR

NOTES



MY DANCES & COSTUMES

DANCE	COSTUME & SHOES	HAIR

NOTES







EXAM NOTES



EXAM NOTES



EXAM NOTES



EXAM NOTES



EXAM NOTES



EXAM NOTES



EXAM NOTES



EXAM NOTES





*My Dance
Progress and
Achievements*

BALLET PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE



BALLET PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE



BALLET NOTES

BALLET NOTES



BALLET NOTES



BALLET NOTES



BALLET NOTES



BALLET NOTES



MODERN JAZZ NOTES



MODERN JAZZ NOTES



MODERN JAZZ NOTES



MODERN JAZZ NOTES



MODERN JAZZ NOTES



MODERN JAZZ NOTES



TAP PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE



TAP PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE



TAP NOTES



TAP NOTES

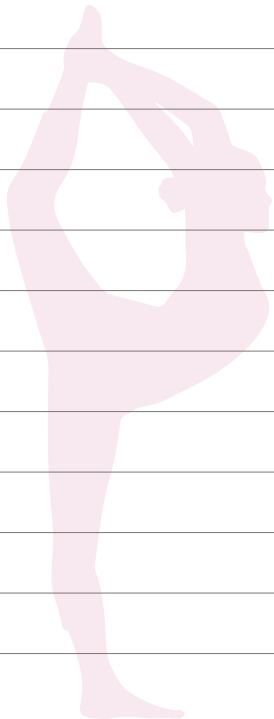


ACRO PROGRESS

THINGS I NEED TO IMPROVE ON

NOTES

DONE



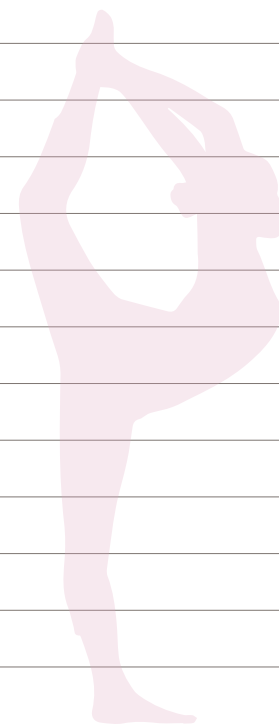
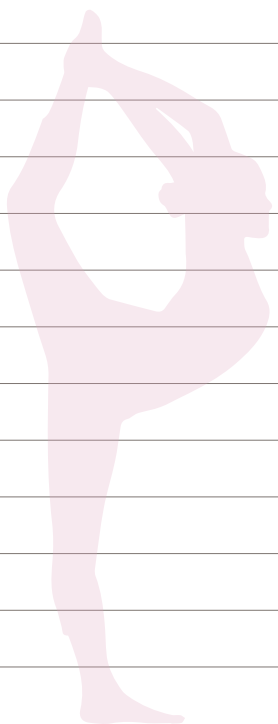
ACRO PROGRESS

THINGS I NEED TO IMPROVE ON

NOTES

DONE





CONTEMPORARY PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE



CONTEMPORARY PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE



CONTEMPORARY PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE
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CONTEMPORARY PROGRESS

THINGS I NEED TO IMPROVE ON	NOTES	DONE
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CONTEMPORARY NOTES



CONTEMPORARY NOTES



NOTES



NOTES



TIMETABLE

TERM.....

	CLASS	CLASS	CLASS	CLASS	CLASS
MON					
TUES					
WEDS					
THURS					
FRI					
SAT					
SUN					

TIMETABLE NOTES



TIMETABLE

TERM.....

	CLASS	CLASS	CLASS	CLASS	CLASS
MON					
TUES					
WEDS					
THURS					
FRI					
SAT					
SUN					

TIMETABLE NOTES



TIMETABLE

TERM.....

	CLASS	CLASS	CLASS	CLASS	CLASS
MON					
TUES					
WEDS					
THURS					
FRI					
SAT					
SUN					

TIMETABLE NOTES





Annual Calendar

*“You will only get out of a
dance class, what you put into it”*

JANUARY 2020

WEDNESDAY 1	NEW YEAR'S DAY	FRIDAY 17	
THURSDAY 2		SATURDAY 18	
FRIDAY 3		SUNDAY 19	
SATURDAY 4		MONDAY 20	
SUNDAY 5		TUESDAY 21	
MONDAY 6		WEDNESDAY 22	
TUESDAY 7		THURSDAY 23	
WEDNESDAY 8		FRIDAY 24	
THURSDAY 9		SATURDAY 25	
FRIDAY 10		SUNDAY 26	
SATURDAY 11		MONDAY 27	
SUNDAY 12		TUESDAY 28	
MONDAY 13		WEDNESDAY 29	
TUESDAY 14		THURSDAY 30	
WEDNESDAY 15		FRIDAY 31	
THURSDAY 16			

FEBRUARY 2020

SATURDAY 1		MONDAY 17	
SUNDAY 2		TUESDAY 18	
MONDAY 3		WEDNESDAY 19	
TUESDAY 4		THURSDAY 20	
WEDNESDAY 5		FRIDAY 21	
THURSDAY 6		SATURDAY 22	
FRIDAY 7		SUNDAY 23	
SATURDAY 8		MONDAY 24	
SUNDAY 9		TUESDAY 25	SHROVE TUESDAY
MONDAY 10		WEDNESDAY 26	ASH WEDNESDAY
TUESDAY 11		THURSDAY 27	
WEDNESDAY 12		FRIDAY 28	
THURSDAY 13		SATURDAY 29	
FRIDAY 14	VALENTINE'S DAY		
SATURDAY 15			
SUNDAY 16			

MARCH 2020

SUNDAY 1	ST.DAVID'S DAY	TUESDAY 17	ST.PATRICK'S DAY
MONDAY 2		WEDNESDAY 18	
TUESDAY 3		THURSDAY 19	
WEDNESDAY 4		FRIDAY 20	
THURSDAY 5		SATURDAY 21	
FRIDAY 6		SUNDAY 22	MOTHER'S DAY
SATURDAY 7		MONDAY 23	
SUNDAY 8		TUESDAY 24	
MONDAY 9		WEDNESDAY 25	
TUESDAY 10		THURSDAY 26	
WEDNESDAY 11		FRIDAY 27	
THURSDAY 12		SATURDAY 28	
FRIDAY 13		SUNDAY 29	BRITISH SUMMER TIME BEGINS
SATURDAY 14		MONDAY 30	
SUNDAY 15		TUESDAY 31	
MONDAY 16			

APRIL 2020

WEDNESDAY 1	APRIL FOOLS' DAY	FRIDAY 17	
THURSDAY 2		SATURDAY 18	
FRIDAY 3		SUNDAY 19	
SATURDAY 4		MONDAY 20	
SUNDAY 5		TUESDAY 21	
MONDAY 6		WEDNESDAY 22	
TUESDAY 7		THURSDAY 23	ST.GEORGE'S DAY
WEDNESDAY 8		FRIDAY 24	
THURSDAY 9		SATURDAY 25	
FRIDAY 10	GOOD FRIDAY	SUNDAY 26	
SATURDAY 11		MONDAY 27	
SUNDAY 12	EASTER SUNDAY	TUESDAY 28	
MONDAY 13	EASTER MONDAY	WEDNESDAY 29	
TUESDAY 14		THURSDAY 30	
WEDNESDAY 15			
THURSDAY 16			

MAY 2020

FRIDAY 1		SUNDAY 17	
SATURDAY 2		MONDAY 18	
SUNDAY 3		TUESDAY 19	
MONDAY 4	EARLY MAY BANK HOLIDAY	WEDNESDAY 20	
TUESDAY 5		THURSDAY 21	
WEDNESDAY 6		FRIDAY 22	
THURSDAY 7		SATURDAY 23	
FRIDAY 8		SUNDAY 24	
SATURDAY 9		MONDAY 25	SPRING BANK HOLIDAY
SUNDAY 10		TUESDAY 26	
MONDAY 11		WEDNESDAY 27	
TUESDAY 12		THURSDAY 28	
WEDNESDAY 13		FRIDAY 29	
THURSDAY 14		SATURDAY 30	
FRIDAY 15		SUNDAY 31	
SATURDAY 16			

JUNE 2020

MONDAY 1		WEDNESDAY 17	
TUESDAY 2		THURSDAY 18	
WEDNESDAY 3		FRIDAY 19	
THURSDAY 4		SATURDAY 20	
FRIDAY 5		SUNDAY 21	FATHER'S DAY
SATURDAY 6		MONDAY 22	
SUNDAY 7		TUESDAY 23	
MONDAY 8		WEDNESDAY 24	
TUESDAY 9		THURSDAY 25	
WEDNESDAY 10		FRIDAY 26	
THURSDAY 11		SATURDAY 27	
FRIDAY 12		SUNDAY 28	
SATURDAY 13		MONDAY 29	
SUNDAY 14		TUESDAY 30	
MONDAY 15			
TUESDAY 16			

JULY 2020

WEDNESDAY 1		FRIDAY 17	
THURSDAY 2		SATURDAY 18	
FRIDAY 3		SUNDAY 19	
SATURDAY 4		MONDAY 20	
SUNDAY 5		TUESDAY 21	
MONDAY 6		WEDNESDAY 22	
TUESDAY 7		THURSDAY 23	
WEDNESDAY 8		FRIDAY 24	
THURSDAY 9		SATURDAY 25	
FRIDAY 10		SUNDAY 26	
SATURDAY 11		MONDAY 27	
SUNDAY 12		TUESDAY 28	
MONDAY 13		WEDNESDAY 29	
TUESDAY 14		THURSDAY 30	
WEDNESDAY 15		FRIDAY 31	
THURSDAY 16			

AUGUST 2020

SATURDAY 1		MONDAY 17	
SUNDAY 2		TUESDAY 18	
MONDAY 3	BANK HOLIDAY	WEDNESDAY 19	
TUESDAY 4		THURSDAY 20	
WEDNESDAY 5		FRIDAY 21	
THURSDAY 6		SATURDAY 22	
FRIDAY 7		SUNDAY 23	
SATURDAY 8		MONDAY 24	
SUNDAY 9		TUESDAY 25	
MONDAY 10		WEDNESDAY 26	
TUESDAY 11		THURSDAY 27	
WEDNESDAY 12		FRIDAY 28	
THURSDAY 13		SATURDAY 29	
FRIDAY 14		SUNDAY 30	
SATURDAY 15		MONDAY 31	BANK HOLIDAY
SUNDAY 16			

SEPTEMBER 2020

TUESDAY 1		THURSDAY 17	
WEDNESDAY 2		FRIDAY 18	
THURSDAY 3		SATURDAY 19	
FRIDAY 4		SUNDAY 20	
SATURDAY 5		MONDAY 21	
SUNDAY 6		TUESDAY 22	
MONDAY 7		WEDNESDAY 23	
TUESDAY 8		THURSDAY 24	
WEDNESDAY 9		FRIDAY 25	
THURSDAY 10		SATURDAY 26	
FRIDAY 11		SUNDAY 27	
SATURDAY 12		MONDAY 28	
SUNDAY 13		TUESDAY 29	
MONDAY 14		WEDNESDAY 30	
TUESDAY 15			
WEDNESDAY 16			

OCTOBER 2020

THURSDAY 1		SATURDAY 17	
FRIDAY 2		SUNDAY 18	
SATURDAY 3		MONDAY 19	
SUNDAY 4		TUESDAY 20	
MONDAY 5		WEDNESDAY 21	
TUESDAY 6		THURSDAY 22	
WEDNESDAY 7		FRIDAY 23	
THURSDAY 8		SATURDAY 24	
FRIDAY 9		SUNDAY 25	
SATURDAY 10		MONDAY 26	
SUNDAY 11		TUESDAY 27	
MONDAY 12		WEDNESDAY 28	
TUESDAY 13		THURSDAY 29	
WEDNESDAY 14		FRIDAY 30	
THURSDAY 15		SATURDAY 31	HALLOWEEN
FRIDAY 16			

NOVEMBER 2020

SUNDAY 1		TUESDAY 17	
MONDAY 2		WEDNESDAY 18	
TUESDAY 3		THURSDAY 19	
WEDNESDAY 4		FRIDAY 20	
THURSDAY 5	GUY FAWKES DAY	SATURDAY 21	
FRIDAY 6		SUNDAY 22	
SATURDAY 7		MONDAY 23	
SUNDAY 8		TUESDAY 24	
MONDAY 9		WEDNESDAY 25	
TUESDAY 10		THURSDAY 26	
WEDNESDAY 11	REMEMBRANCE DAY	FRIDAY 27	
THURSDAY 12		SATURDAY 28	
FRIDAY 13		SUNDAY 29	
SATURDAY 14		MONDAY 30	
SUNDAY 15			
MONDAY 16			

DECEMBER 2020

TUESDAY 1		THURSDAY 17	
WEDNESDAY 2		FRIDAY 18	
THURSDAY 3		SATURDAY 19	
FRIDAY 4		SUNDAY 20	
SATURDAY 5		MONDAY 21	
SUNDAY 6		TUESDAY 22	
MONDAY 7		WEDNESDAY 23	
TUESDAY 8		THURSDAY 24	CHRISTMAS EVE
WEDNESDAY 9		FRIDAY 25	CHRISTMAS DAY
THURSDAY 10		SATURDAY 26	BOXING DAY
FRIDAY 11		SUNDAY 27	
SATURDAY 12		MONDAY 28	
SUNDAY 13		TUESDAY 29	
MONDAY 14		WEDNESDAY 30	
TUESDAY 15		THURSDAY 31	NEW YEAR'S EVE
WEDNESDAY 16			

Inspiration

“YOU’RE *braver* THAN YOU BELIEVE,
stronger THAN YOU SEEM, AND *smarter* THAN YOU THINK.”

“IF YOU *stumble* MAKE IT PART OF THE *dance*”

“*Practice* LIKE YOU’VE NEVER WON,
perform LIKE YOU’VE NEVER LOST”

“TO THE ONES THAT STILL BELIEVE IN THEIR *dreams*,
CHASE THEM. CHASE THEM UNTIL YOU’RE OUT OF *breath*.
THEN, KEEP *running*.”

Inspiration

“EVERYBODY CAN *dance*,
IT’S THE DRIVE AND PASSION THAT MAKES YOU A *dancer*”

“WHEN YOU *dance*, YOUR PURPOSE IS NOT TO GET TO A CERTAIN
PLACE ON THE FLOOR. IT’S TO ENJOY EACH *step* ALONG THE WAY”

“*Dance* ENABLES YOU TO FIND *yourself*
AND LOSE YOURSELF AT THE SAME TIME”

“LIFE ISN’T ABOUT WAITING FOR THE *storm* TO PASS,
IT’S ABOUT LEARNING TO *dance* IN THE RAIN”

NOTES



NOTES









POINTE

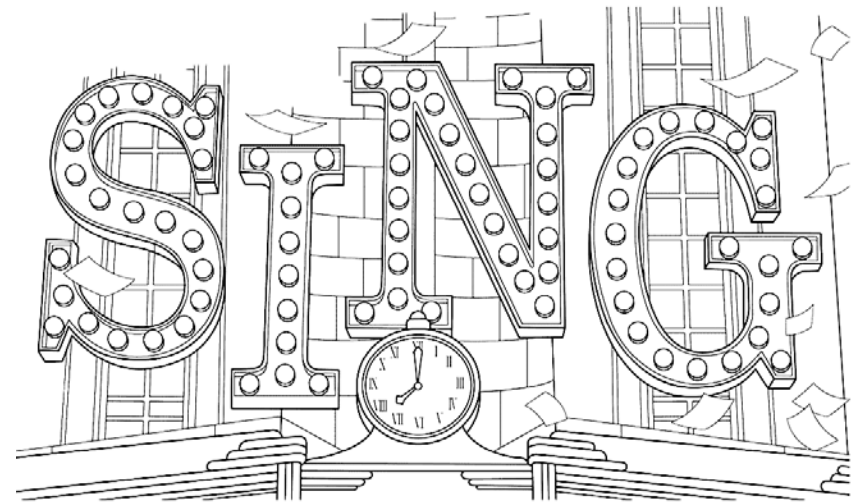
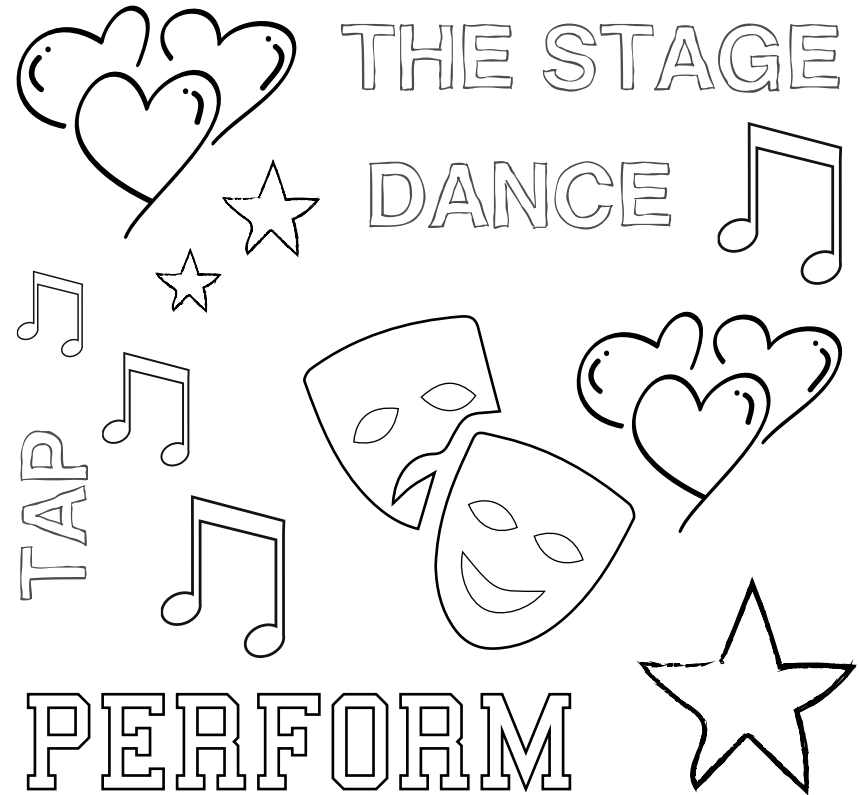
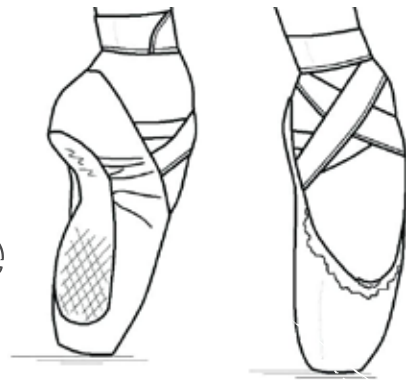
★ Plié

Pas de Basque

TUTU

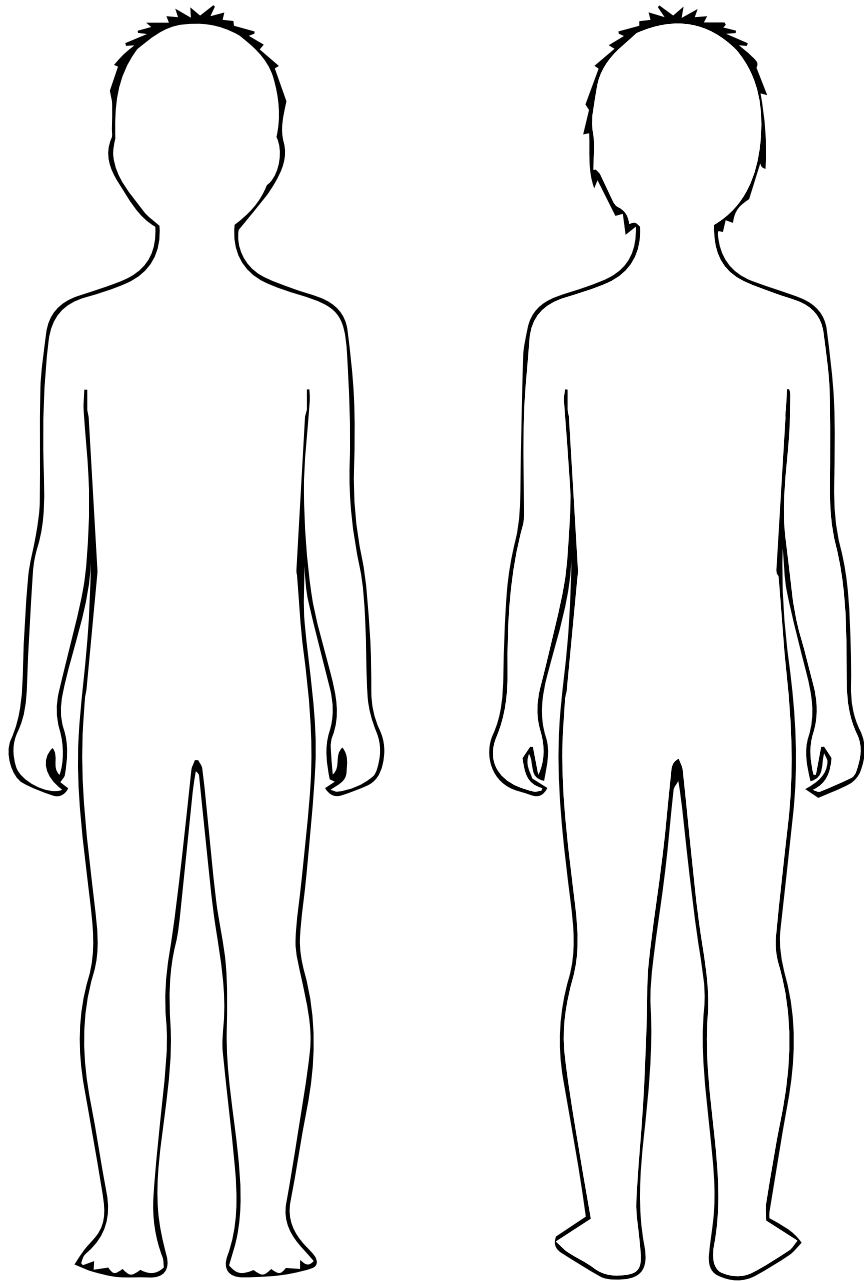


GRAND JETÉ

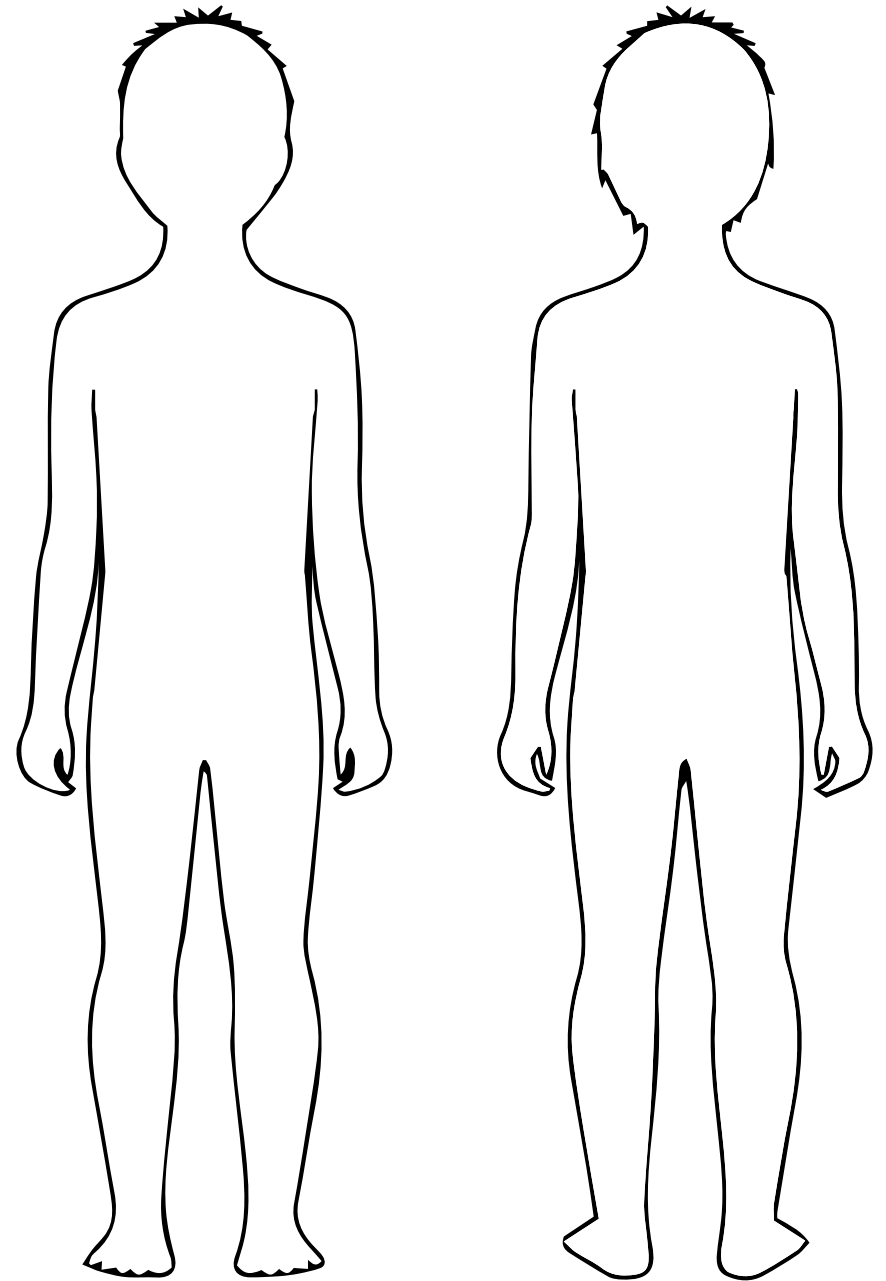


MUSICAL THEATRE

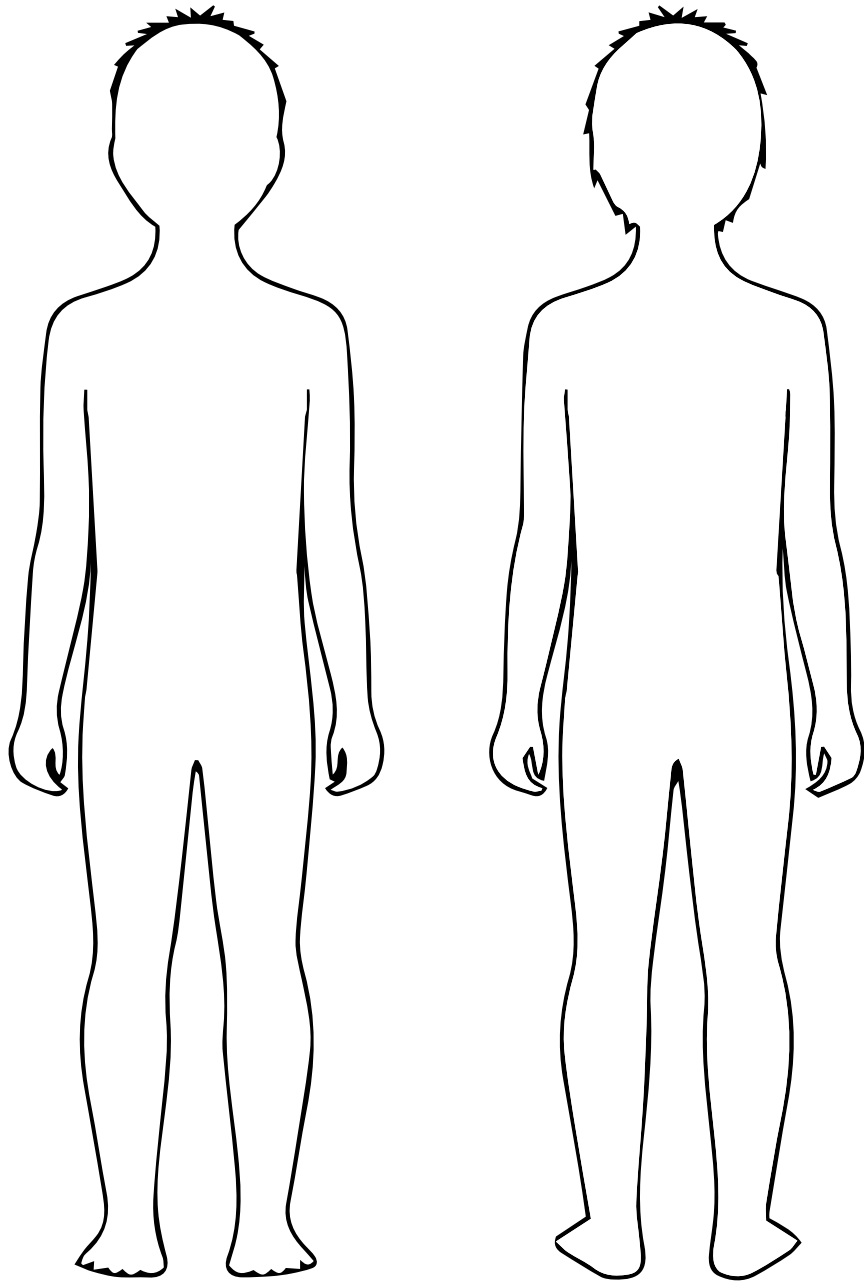
DESIGN YOUR OWN COSTUME



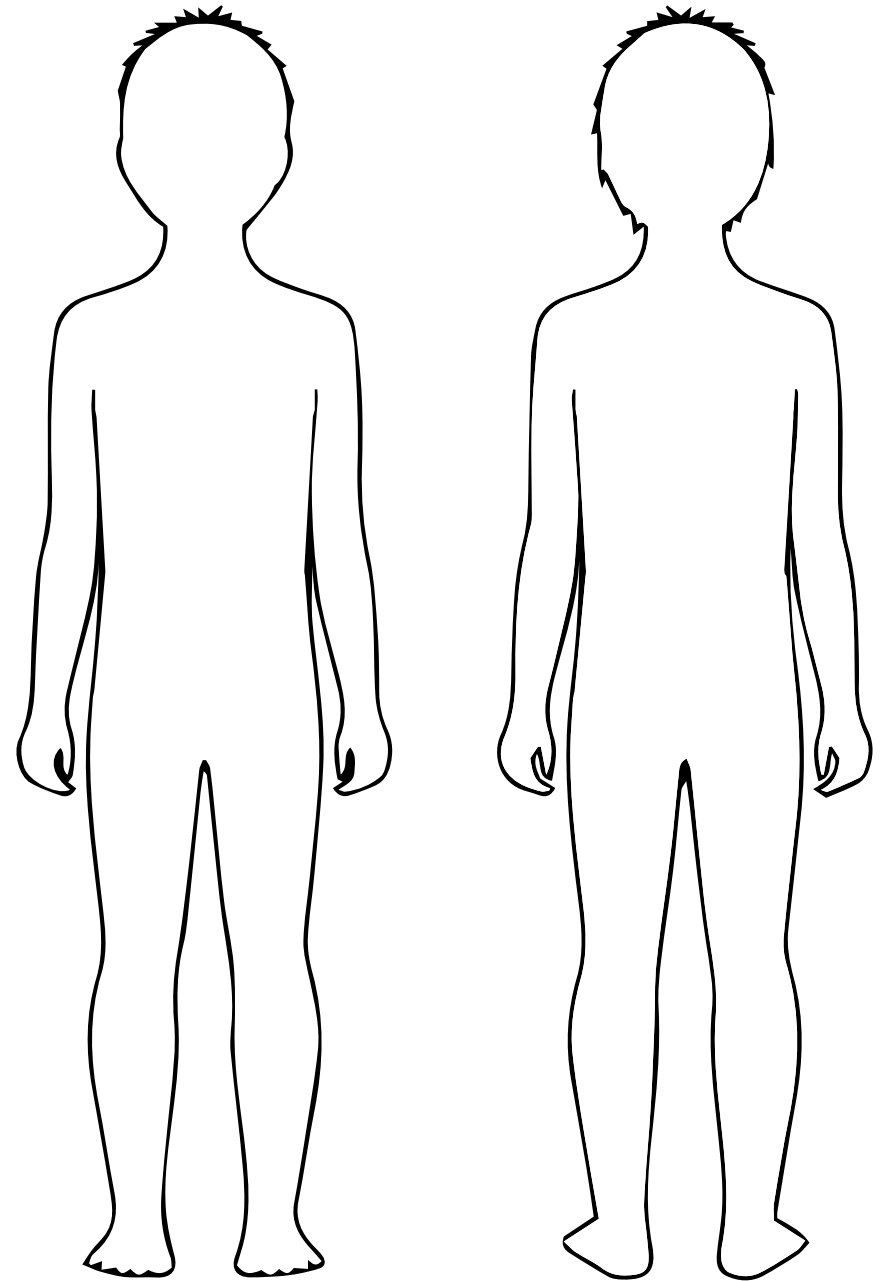
DESIGN YOUR OWN COSTUME



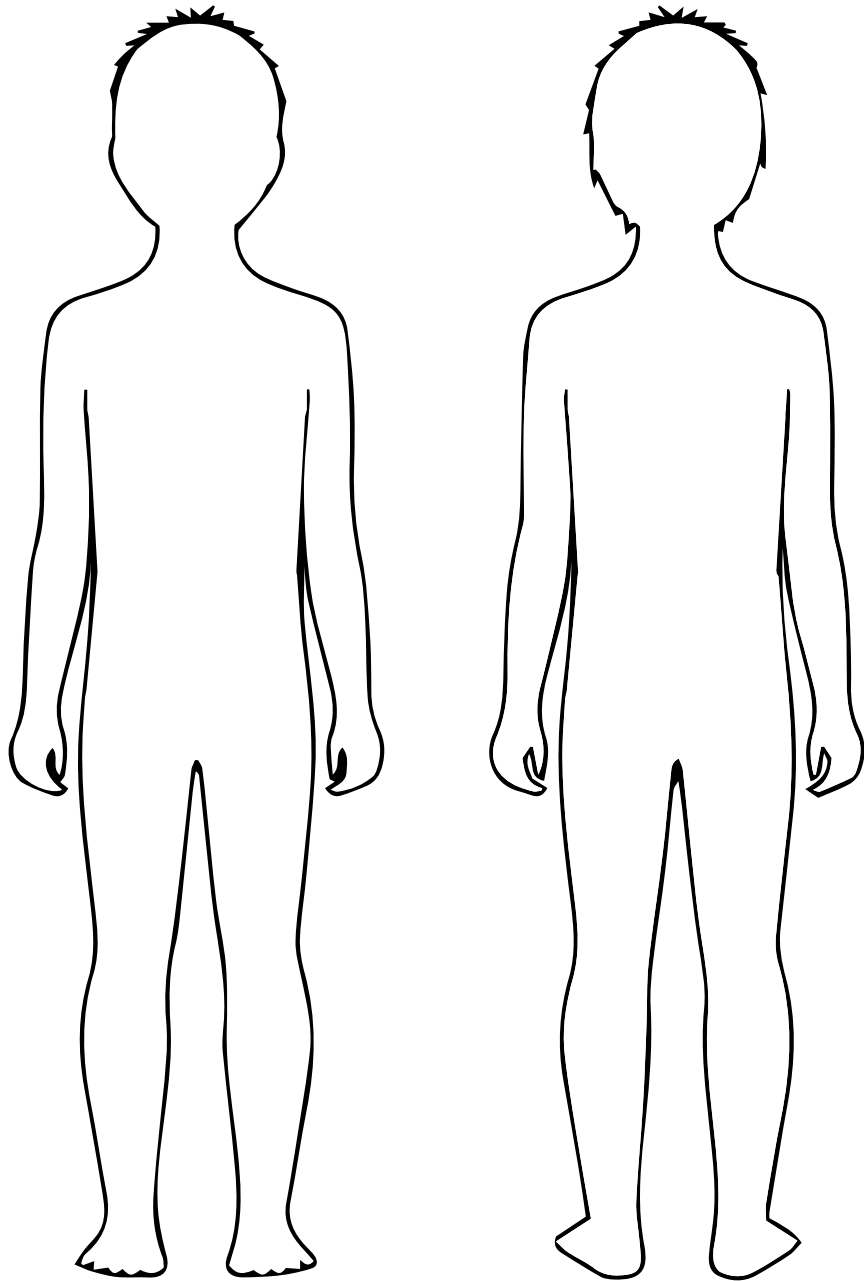
DESIGN YOUR OWN COSTUME



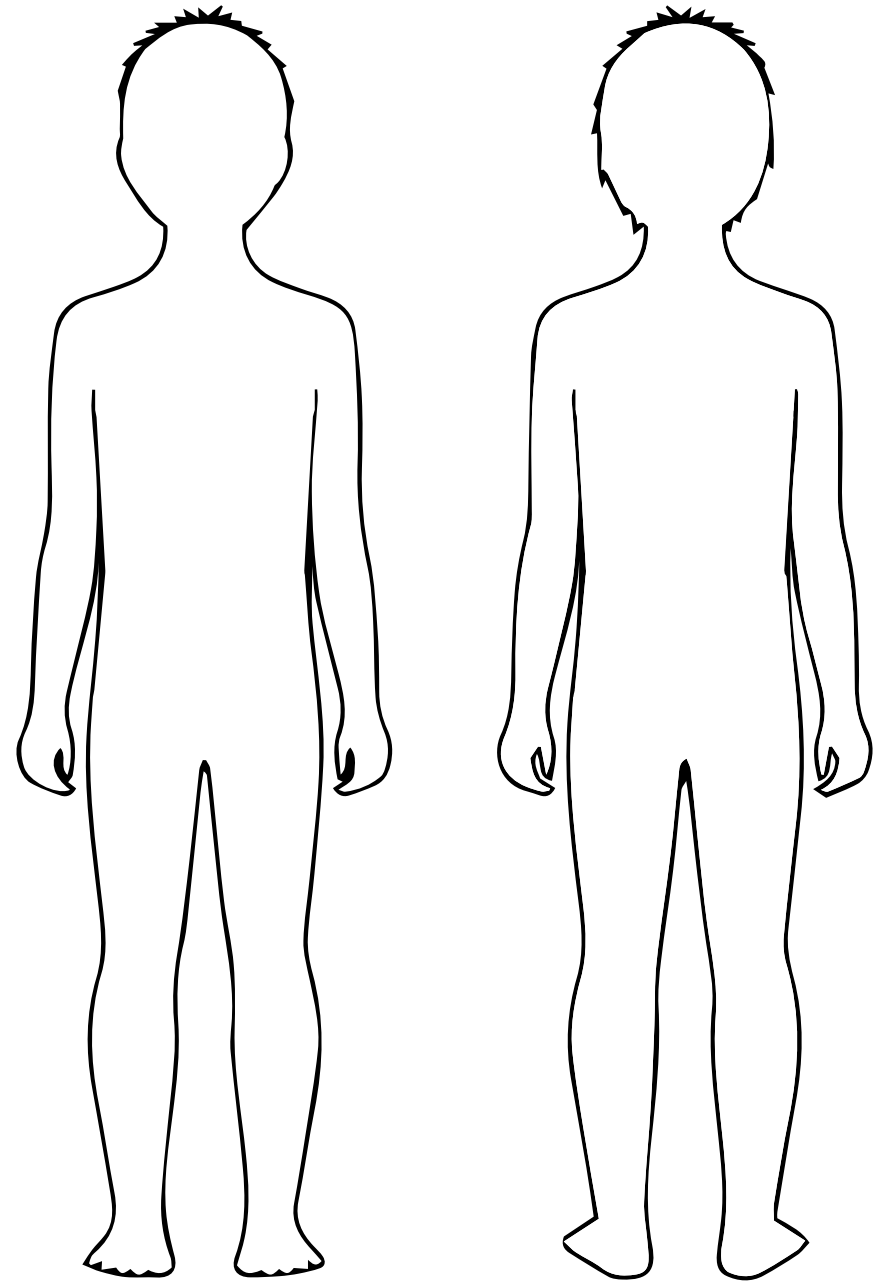
DESIGN YOUR OWN COSTUME



DESIGN YOUR OWN COSTUME



DESIGN YOUR OWN COSTUME



Goals

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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Goals

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Goals

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Goals

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Goals

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“IF YOU EVER FEEL LIKE GIVING UP,
JUST REMEMBER THAT THERE IS A LITTLE
ONE WATCHING, WHO WANTS TO BE JUST
LIKE YOU WHEN THEY GROW UP”



JOURNAL DESIGNED BY

Chameleon
— DESIGN AND PRINT —