



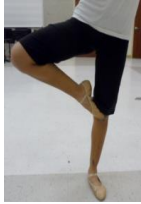
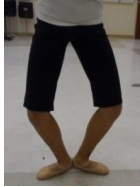
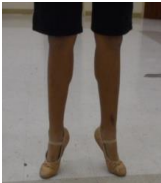


Basic Ballet Terms in Plain English

<u>Term</u>	<u>Definition</u>	<u>Laymen Definition</u>	
Arabesque	The position of the body supported on one leg with the back leg extended and the knee is straight.	using the supporting leg to stand and the back leg is extended at an angle	
Assemblé	A jumping movement where the working leg is brushed against the floor the supporting leg pushes the dancer into the air both feet are pointed and both feet land on the ground at the same time.	Jumping movement and before the dancer lands both feet meet in the air and the dancers lands two footed	
Attitude	A position in which the dancer stands on one leg while the other leg is lifted and turned out with the knee bent at 90 degrees and be down with the bent leg in front, in back or on the side of the body	similar to arabesque (see above) but in this case the knee is bent and in a "hook" position either front or back	
Cabriole	The working leg is thrust into the air the other leg follows up and beats against the working leg, sending it higher in the air.	A kick with one leg then that same leg is beat from underneath. It is much like the "leprechaun" clicking of the heels.	
Chassé	a slide forward, backwards, or sideways with both legs bent then springing into the air with legs meeting and straightened	A chased step where the first foot takes a step and is chased by the second with the ankles "kissing" in midair.	

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Coupé	The working foot displaces the supporting foot, touching the ankle devant or derriere.	putting one foot at the ankle of the other, either front or back.	
Degagé	pointing of the foot from a closed position to an open position and the foot slightly leaves the floor with the heel raised	Stretching of the leg from hip to toe keeping leg straight at slightly disengaging from the floor enough to raise the heel	
Jeté	A jump from one foot to another	a jump	
Pas de Bouree	Three quick steps the feet usually change positions (right left right)	"step, ball change"	
Passé	When a foot is placed near or on the other knee.	same as coupe (see above) but at knee level.	
Plié	A smooth and continuous bending of the knees.	Bending of the knees	
Relevé	Rising from any position to balance on one or both feet on at least demi-pointe.	Standing on your toes	

Basic Ballet Terms in Plain English

Sauté Literally to jump. Used to modify the quality of a step adjective to other moves to indicate it is done while jumping. Sauté Arabesque for ex.

Tendu Literally to point or to stretch from the hip to the toe while remaining connected to the floor. same a degage (see above) but the foot never leaves the floor.



Positions of the Feet

First Position



Feet together heels touching, toes apart at approx. 45 degrees...toes facing the corners

Second Position



Feet apart approx. shoulder width weight on both feet equally.

Third Position



Feet together heel of work foot is at the arch of the supporting leg.

Fourth Position



Same as third position but feet are separate using tendu.

Basic Ballet Terms in Plain English

Fifth Position



Feet are together with toes and heels touching
(or as close as comfortable without turning out
from the knees)