

Ballet Theory

Grade One

Degage	disengage/to release the foot from a closed to an open position
Demi	half
Plie	bend
Battement	beat
Tendu	stretch
En Croix	In the shape of a cross
Grand	large
Retire	draw up
Adage	slow movements
Coupe	cut/to cut the weight of the body from one foot to the other
Chasse	slide
Fondu	melt/ a bend on the supporting leg
Glissade	glide
Petit	small
Jete	throw
Sauté	spring
Echappe	escape
Pose	step/place
Temps leve	hop
Devant	front
Derriere	back
En avant	travelling forwards

Grade Two

Assemble	assemble/join together
Soutenu	sustain/hold
En dehors	outwards
En dedans	inwards
En arriere	travelling backwards
Releve	rise/a snatching of the feet
Ports de bras	carriage of the arms
Croise	crossed
Ouvert	open
En face	facing the audience
Passé	pass
Enchaînement	chain of steps/linking together of two or more steps
Changement	change
Soubresaut	simple jump without change of feet

Grade Three

Rond de jambe	circle of the leg
A terre	on the ground
Arabesque	represents the shape of a bow/a position on one leg, the other in 4 th opposite 1 st a terre or en l'air
De cote	facing the side
Demi-detourne	half a turn towards the back foot
Pas de chat	step of a cat
Pas de bourree	small running steps/consisting of 3 movements (5 th 2 nd 5 th)
Pas de basque	a step from the basque country representing the swirl of a skirt
Sisonne	a scissor movement from two feet onto one foot

Grade Four

Developpe	unfold
Frappe	strike/hit
Pirouette	spin on one leg
En l'air	in the air
Attitude	a position on one leg, the other in 4 th opposite 5 th a terre or en l'air

Grade Five

Sur le cou-de-pied	on the neck of the foot
Epaulment the	use of the shoulders with one shoulder forward, the other back, the head over the front shoulder, turn coming from the upper back
Ballonne	bounce
Simple	a simple ballone with the accent on the inward movement
Compose	a compound step with the accent on the outward movement followed by a step and close.
Demi contretemps	temps leve in arabesque followed by a chasse passé en avant
Battu	beaten

Grade Six

En cloche	bell-like preparation for Grand Allegro
Fouette	whip
Exercice for Fouette	preparation for Fouette of Adage in the centre and Grand Allegro fouette movements
Battements sur le cou-de-pied	Preparation for beaten work
Contretemps	Against time – coupe under, chasse en avant, temps lie in arabesque, chasse passe en avant
Ferme	Closed