

A

adagio (*ah-daj'-eh-oh*) A slow, sustained movement. From the Italian musical term & literally means "at ease". (**adage** in French) Often, in ballet, the adagio contains slow extensions, or partnered lifts.

air, as in **en l'air** (*ahn lehr*): in the air, as in *rond de jambe en l'air*.

allégre (*ah-leh-groh*) This means 'Fast'. In ballet, the allegro in class contains jumps that are performed to a sharp and fast tempo. **Petit allegro**: has little fast jumps, **grand allegro** has large jumps.

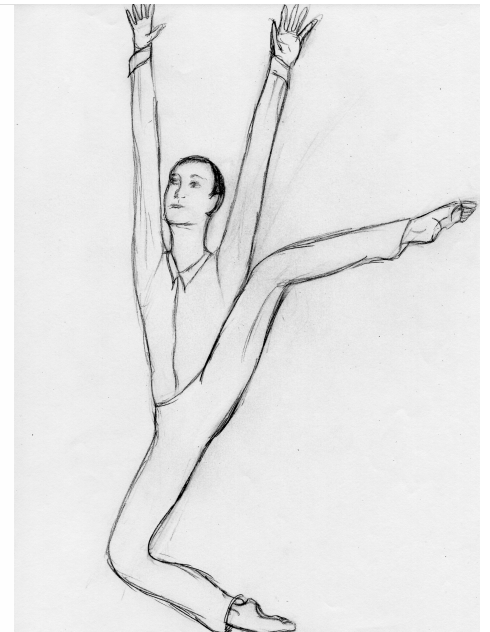
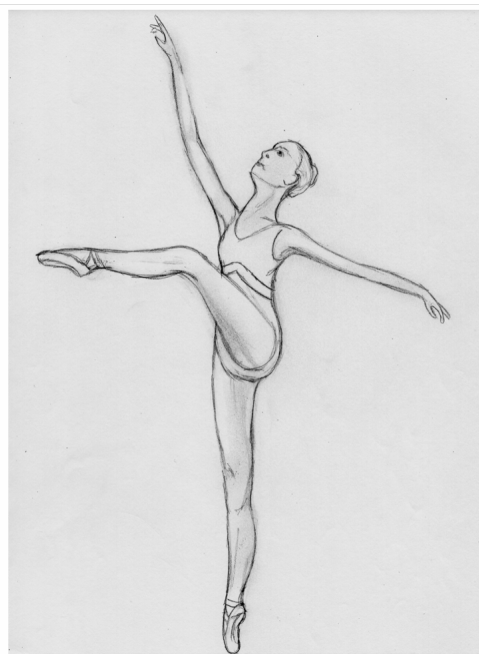
allongé (*aa-lohn-jay'*) Out stretched, elongated, as in **arabesque allongé**.

arabesque (*ah-rah-besk*) A pose on one leg while extending the other leg to the back.

arrière, as in: **en arrière** (*ahn ah-rehy'-her*) to the back: for a step that moves back away from the audience. As in **chassé en arrière**.

assemblé (*ah-sahm-blay'*) : 'assembled' together. Dancer brushes one leg up in the air and the brings other leg to meet it in *sousou* in the air, then landing on both feet, usually in 5th position.

attitude (*ah-teh-tewd'*) To shape the leg slightly bent at the knee, (usually in a 90 to 135 degree angle) extended to either the front, side or back.



avant, as in **en avant** (*ahn ah-vahn'*) This means to the front. A step *en avant* moves forwards, as in **sissonne en avant**

balancé(bah-lahn-say') From the French word balancer to rock, or to swing= a rocking step. This waltz step is in 3/4 time, 3 steps, usually done side to side: step R side (en plié, coupé L behind); step back L (en relevé); then front R (plié R, coupé L); then reverse for balancé L.

balançoire as in en balançoire (ahn bah-lahn-swahr') This is a "see-saw" movement - meaning the body bends from the hip in the opposite direction to the leg as the leg goes forward and back.

ballonné as in pas ballonné (pah bah-lahn-nay) a "ball like step" Jump up on one foot while extending the other leg out (front, side or back) and land with the extended leg in coupé or passé.

ballotté(bah-luh-tay') "tossed" or "thrown about" This is a jump from either one foot or both feet. Legs goes up to passé, and 1 leg extends out front, then both legs through passé to other leg extend back. (Done effacé)

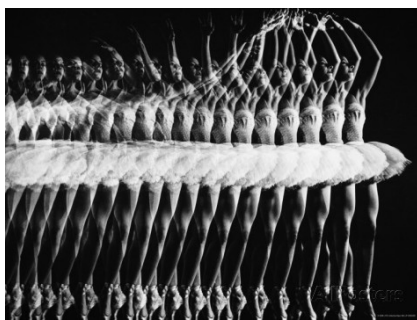
basque, as in pas de basque (pah-duh-bahsk') a step from the Folk dances of the Basque region in France. This can either be performed as a jump or on the floor as a sliding movement. Example: start 5th, step side to second with one foot, the next foot goes through fifth to step into fourth, then close fifth.

Or as a jump, as in **saut de basque**: step R swing L leg straight across body as you jump up full turn, land on L leg, R leg in passé or coupé.

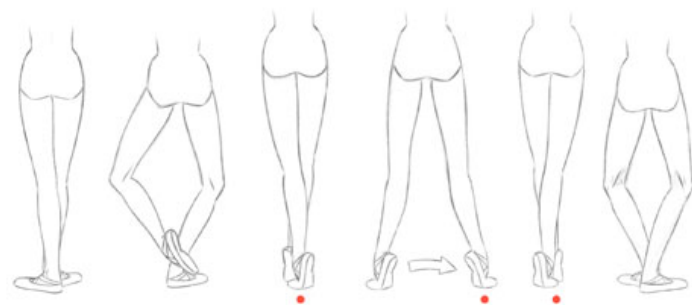


battement(baht-mahn') A "beating", or kicking, action of the extended or bent leg. There are two types of battements, grands battements (high big kicks) and petits battements. The petits battements are: Battements tendus, (stretched, held on the floor) dégagés, (disengaged just off from the floor) frappés (struck or literally, "knocked" against the floor) & beats in coupé.

battu(bah-tew') "beated" This describes certain jumps and steps, with a beating action, when jumping (assemblé battu) or a specific movement that is usually performed at the 'barre' - to stand on one leg, the other leg will then beat against it.



bourrée(boo-ray') This is a move that is performed on half-toe, (Demi pointe) or commonly on pointe shoes, whereby the first leg pulls the other leg in tightly - in very small and quick steps.



Pas de bourrée

bourrée, as in pas de bourrée (pah-duh-boo-ray') This movement is a series of three steps. (Step back (relevé), side (relevé), front (en plié). *think: back, side, front.*

brisé(bree-zay') "broken, or moved apart" This step can be done from one or two legs & is similar to an assemblé battu. Usually done: brush out beat front close back. Can be done Volé (flying) means to move apart and is a beating jump, landing on one leg, like a jeté battu. Travelling forwards or backwards.

cabriole(kah-bree'-ohl) Caper. To brush leg up & beat straight legs (front, side or back), jumping from and landing on the same leg. Petit cabriole: land with leg at 45 degree, grand = leg at 90 degree. Cabriole double= cabriole with two (or more) beats of the legs.

Cambré: arched. A dancer lifts and bends at the waist from, back or side.

cavalier: horseman, in ballet:"partner" the male partner of a ballerina.

chaîné(shah-nay') To link movements together. Turns: a series of half turns in relevé

changé(shahn-zjay') This means 'change', usually to change which foot is front in fifth.

changement(shahnzj-mahn') This means a change, for example - jumping from fifth, then - change the legs and land in that fifth position, the other foot front.

chassé(shah-say') To slide, smoothly either to the back, side or front. It literally means to chase, one leg chases the other. To the side the feet slide through second plié, through fifth sousou in the air then down together to slide back out to second.

chat, pas de(pah duh shah) Like a cat stepping - having both feet off the ground when jumping from one foot to the other. Usually done with legs going through passé.

cheval, pas de(pah de shuh-vahl') step of a horse (like a horse pawing the ground) - either a floor movement or a 45, 90 or 120 degree jump.

cinq(sank) This means 'Five'. Used when counting beats in a jump.

cinquième(sank'-ee-em) This means 'Fifth', as in fifth position.

ciseaux, pas de(pah deh see-zjoh') a 'Scissor' jump - either: legs open in the air and close together as you land, or when you are in the air the legs pass each other and you land on one leg. (Switch leap).

cloche, en (ahn klohsh) To move backwards and forwards - like a bell being rung. In Balançoire en cloche, the upper body swings in large arcs which are in the opposite direction the leg is moving.

corps de ballet : the "body" of the ballet company. Dancers who perform as a group, not soloists.

coté, de (deh koh-tay') This means - to the side. De l'autre coté: on the other side.

cou-de-pieds, sur le (surh leh koo'-deh-pehay) On the ankle, literally "the neck of the foot" the foot is wrapped at the ankle of the standing leg. Used in frappé.

coupé (koo-pay') This means 'cut' - to move the foot pointed sharply either in front or back of the ankle.

croisé (krawh-zay') Meaning - to cross. Facing on the diagonal with one leg crossed in front of the other, in 5th, or extended in battement. (See image of body positions on page 5)

croix, en(ahn krawh) Making a "cross" shape. Movement to the front, to the side, to the back and the side again. As in battement tendu en croix.



d'ici-de là (deh-see'-deh-lah') To move from 'here' to 'there'. So if your leg was off the floor for example at 45 degrees, you would move the leg to the side, then back to the front.

de (deh) This means - to - or - of. As in *ronde* (circle) *de* (of) *jambe* (leg).

dedans, en (ahn deh-dahn') Meaning 'Inwards'. Directional term used to describe a turn, when one turns in the direction of the standing leg. With *ronde de jambe*, the leg makes an inward circle.

dégagé (dā'gä-zhā') Meaning 'To disengage'. As in *battement dégagé*. This is in between a 'tendu' and a 'grand battement' where the foot slightly leaves the floor, usually faster & sharper than *tendu*.

dehors, en (ahn dah-ohr') Meaning 'outwards', a directional term to describe a turn, when one turns away from the direction of the standing leg. With *ronde de jambe*, the leg makes an outward circle.

demi-plié (deh-mee'-plee-ay') This is a small (literally half) bend. Meaning the knee or knees, bend together over the toes - keeping the heels of the foot on the floor in all positions.

demi-pointes (deh-mee'-pwant) literally half point. This means to rise on to the ball of the foot.

demi-ronds (deh-mee'-rohn) This means a half-circle. To move the leg either at 45 or 90 degrees off the floor, moving it from the front to the side, or from the side to the back.

derrière (deh-rehy'-her) This means 'Back'. As in *écarté derrière*. (See image page 5)

dessous (deh-soo') meaning under, the working foot goes behind the standing foot, as in *pas de bourrée dessous*.

dessus (deh-sew') Meaning over, the working foot goes in front of the standing foot - as in *pas de bourrée dessus*

deux (duh) This means two.

deuxième (duh-zee-em') means second.

devant (deh-vahn') This means Front.

développé (deh-veh-lo-pay): "developed" a usually slow extension of the leg through *cou de pied*, *coupé*, *passé*, *attitude* and the extended straight, either front, back or side.

diagonale (dy-aguh-nahl') This means diagonal, as in *en diagonale*.

divertissement: within a larger classical "story" ballet, little entertaining short dances, usually choreographed to show off the dancer's ability.

dix (deess) This means ten.

écarté (ay'-kar-tay') stepping aside/deviating A position where the leg is extended to the side, body on the diagonal. (see image this page)

échappé (ay'-shah-pay') Escaping - moving from 5th to 2nd position by sliding the feet to the ball of the foot - or as a jump.

effacé (ay-fah-say') A position with legs not crossed, either behind or in front. (See image to right)

emboîté (ahn-bwah-tay') This means to jump from one foot to the other.

en (ahn) This means 'To' or 'In'.

entrechat (ahn-truh-shah') To jump in the air from two feet - beat the legs together in the air, land either on one or two feet.

entrelacé (ahn-truh-lah-say') To weave to criss-cross.

épaulement (ay-pawhl-mahn') "shouldering" the placement of the shoulders, often in opposition to the lower body as in epaulé image above.

face, en. a body position directly facing the audience, as in the picture of quatrieme devant above.

failli (fah-yeey') To almost fall. Support body on one leg (as in arabesque) and lean so you are almost falling over, then pass the other leg in a direction (as in front from arabesque) so you stop the fall. As in sissonne failli

fermé (fehr-may') Meaning - close - a jump that needs you to close the working leg after the jump.

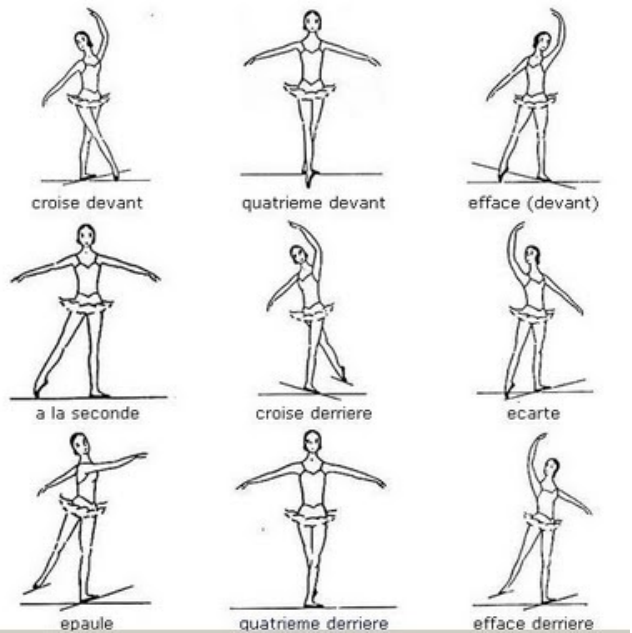
flic-flac (flehk-flak) A word to describe a sound like 'slap'- a move in place with a half or whole turn.

fondue (fohn-dew') "melting" -bending the standing leg while extending the other.

fouetté (fweh-tay') To stand on one leg and to change the hip and body direction while keeping the standing leg in the same place. Can be done in relevé, or sauté

fouetté en tournant: fouetté turns, in which leg starts front (or side) moves to side and bends in ronde de jambe a l'air action as the body's turns. Usually done en dehors, but can be done en dedans.

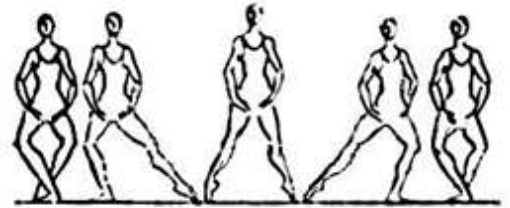
frappé (frah-pay') "knocking or striking" in battement frappé the foot moves from sur le coup de pied "wrapped" or "flexed" position to strike the floor with the ball of the foot before extending pointed to either a tendu or dégagé height. A fast action with the leg. Can be done double, with two beats (or more) in sur le coup de pied position before extending



F

gargouillade (gahr-gooeee-yahd') Literally means "rumbling." A dancer performs a gargouillade by dégagé one leg to the side, then do a small rond de jambe with that leg while pushing off the floor with the other leg and doing a rond de jambe with that leg! Like a pas de chat with rond de jambes!

glissade literally glide, slid, slip. Demi plié, glide working leg along floor to strong point a few inches from the floor, then push other leg away from floor, so that for a moment both legs are straight, feet pointed, then weight is shifted to working leg that lands en fondu, and other foot slides into 5th Demi plié. When glissade is used as a preparation for jumps, it is done quick on the upbeat. Can be done with or without changing feet.



grand (grahn) Meaning - Large ,as in grand plié or grand battement or grand jeté

grand jeté (grahn zjuh-tay') a big leap from one foot to the other, with a straight brush of the leg.

(Grand jeté développé, sometimes called saut de chat, or grand jeté pas de chat, is with a développé of the first leg.)



grand plié (grahn plee-yay') large plié Bending both

knees fully while maintaining turn out and a straight alignment of the body. In 1st, 3rd 4th & 5th position, the heels come off the floor.

grands ronds de jambes (grahn rohn deh zjahmb') "big circle of the leg" to move the leg from the front to the back in a large half circle, high off the ground.

H

haut, "high" as in 5th position en haut, arms up high over head.

huit (weet) This means eight, used when counting beats as in entrechat huit

hortensia (Hortensia Saut-de-chat) while in mid-air, the dancer bends both legs up two retires bringing the feet up as high as possible, with knees apart sideways forming a diamond shape. The feet do not touch. The legs then resemble the butterfly in a sitting position. Can also be done with legs in back attitude while turning. Or, legs switch like they are fluttering.

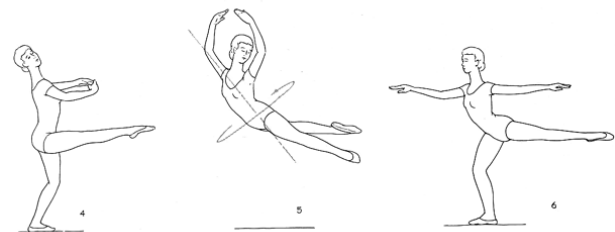
J

jambe, rond de (rohn duh zjahmb) jambe meaning leg, circle of the leg. A circle of the legs either on or off the floor, (à terre or en l'air) can be done outward (en dehors) or inward (en dedans)



jeté (zjeh-tay') Literally throwing. A jump from one leg to the other, a leap, can be grand or petit.

jeté entrelacé (zjeh-tay' ahn-trah-lah-say') A large movement from one leg to the other, also called tour jeté. (Short for grand jeté en tournant entrelacé) (Can be done, usually by men, double, with full turn before landing in arabesque.)



l'air, en (ahn lahr) This means - in the air. To describe a leg position or a jump.

(En) **manèges** (mah-nez') big Steps that travel in a circle around the dance area.

neuf (nuhph) This means 'Nine', as in entrechat neuf

ouvert (e) (oh-vehr') This means 'Open', used for positions, like second and fourth, that are open, or jumps that land "open" on one leg as opposed to fermé or closed. In French school positions that arabesque, that are open, like éffacé, not croisé to the audience.

pas (pah) This is to 'step', as in pas de cheval, or pas de chat.

Pas de basque: Literally step of the Basques (an area in France) a step in three beats, with a circular movement of the front leg on the second beat. Circle side together to front together.

passé (pah-say) This means passing. The working legs' foot is pointed to the side of the supporting knee.

penché (pahn-shay) Inclining - moving the arabesque line forward and over on the standing leg.

petit or petite (puh-teet) Small, as in petit jeté

piqué (pee-kay) Poking, pricking action. Straight leg touches and rebounds off the floor, tendu to dégagé height, or any action where the dancer quickly steps onto a straight leg onto the pointe, or half toe position, as in piqué arabesque.

pirouette (peer-whet) To turn, on one leg. Usually done from two legs en plié to one leg relevé. Can be done en dedans, en dehors, in passé, arabesque, a la seconde, (turns in second) attitude, or sur le cou de pied.

plié (plee-yay) Bending (of the knee or knees) basic Ballet warm up. Can be done in all positions, Demi (half) or grand (big).

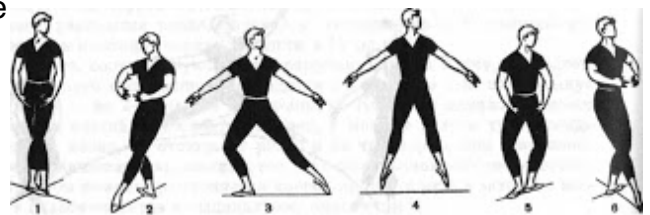
poisson, de (duh pwah-sohn), fish position, or jump. Legs are held tightly together and back arched, like a dolphin jump up out of the water. Can be a jump from two feet with legs tight together with the body bent backwards, or a partnered position, like the fish dive (pictured)

porté or portée carried. To describe a traveling store, usually close to the ground or a partnered carried lift.

port de bras (pohr duh brah) Movement, or carriage of the upper body and arms.

preparation (pray-pahr-ah-zjohn) Preparatory step, as in the port de bras before a barre exercise.

promenade (prohm-nahd) Turn in a walk. A term of the French School used to indicate that the dancer turns slowly in place on one foot by a series of slight movements of the heel to the required side while maintaining a definite pose such as an arabesque or attitude. The turn may be performed either en dedans or en dehors. In a pas de deux, the ballerina on pointe holds her pose and is slowly turned by her partner who walks around her, holding her hand or body.



quatre (ka-trah) This means Four. as in entrechat quatre, where each leg makes two changes, and two times two is four.

quatrième (ka-tree-em) This means Fourth.

relevé (rehl-leh-vay) raised again. Raising the body on pointe or demi-pointe from a plié. (Elevé, which means raised, is the term for relevé from a straight leg, no plié). Relevé can be smooth, or with a little spring, brining the ball of the foot underneath you, where the arch of the foot had been.

renversé (rahn-vay-say) To reverse, to move the leg in a circle (front, side, back) with co-ordination of the body - either as a jump or on the floor.

reverence (ray-vay-rahns) To pay respect, or bow, the last exercise of class.

Rivoltade [ree-vawl-TAD]. (Sometimes spelled revoltade) French term derived from the Italian "rivoltare," to turn over. a bravura jump in which one lands on the leg from which one pushes off after that leg travels around the other leg lifted to 90 degrees, sometimes called a 540. Or a male dancer's step in which the dancer places one leg in the air and then gives the impression that he jumps over it with the other leg. Raise the R leg up in front, spring into the air and bring the L leg over the top of the R leg (either straight or bent in retiré) while turning to the right. Land facing the opposite direction on the L leg with the R leg raised in back. Rivoltade may be executed from & ended in various poses.

rond (rohn) This means Round. As in rond de jambe, circle of the leg, á terre (on the floor, circling from the hip) or á l'air (a smaller circle made by the outstretched leg at the knee in and out).

royale (rawh-yal) A changement where the calves beat before changing. One source says it is so called, because it was easier for the "royals", kings & queens to do than the beating entrechat quatre.

saut de basque: a jump from the Basque area of France peasant dances. (French and Russian Schools). A traveling step in which the dancer turns in the air with one foot drawn up to the knee of the other leg. Fifth position R foot front. Demi-plié with R foot retiré devant; step on the R foot in demi-plié to the second position, turning en dedans one half-turn and thrusting the L leg to the second position en l'air; push off the floor with the R foot and complete the turn, traveling to the side of the extended leg and landing on the L foot in fondu with the R leg bent in retiré devant. Both legs should be fully turned out during the jump. Saut de basque may also be performed with a double turn in the air.

sauté (soh-tay) To jump off the ground on either one or two legs.

seconde, à la (ah lah sek-ond) To stand on one leg while the other is extended to the side either 45/90/120 or 180 degrees off the floor. As in pirouette a la seconde.

sept (set) This means seven.

serré (sehr-ay) This is a fast beating of the foot against the ankle of the other foot.

sissonne (see-sohn) named after the originator of the step. A jump from two feet onto one in a closed (fermé) or open (ouvert) forward, backward, sideways, over or under position.

six (seess) This means six.

soubresaut (sew-brah-soh) A jump from 2 feet to 2 feet, with the body straight or slightly bent.

sous-sus (soo-sew) A very tight 5th position on demi-pointe or pointe.

soutenu (soot-new) Supported (held under) draw one leg evenly to the other in place with a half or whole turn, outwards or inwards. Piqué soutenu : *think "step cross front turn"*

temps (tahn) time, or step, part of a "pas" . A sharp, springy action - in time.

temps de cuisse (tahn duh kweess) "thigh movement" To place one foot in front on another, then jump with two feet and land on one foot. Usually done on the upbeat before a big move.

temps de flèche (tahn duh flesh) "step of the arrow" is used to describe a few different moves: 1. A sauté or relevé move where the working leg does a grand battement front through passé to a développé back. 2. A hitch kick, either front or back, with straight legs or with legs in attitude.

temps levé (tahn lah-vay) "raised time or step" a sharp hop either on one foot or two - step to lift.

temps lié (tahn lee-yay) A linked step - a transfer of weight from one leg to the other. Front, side or back.j

tendu (e) (tahn-dew) "Stretched or held". Short for battement tendu, where one extends the leg straight out from supporting leg with foot fully pointed on the floor - front, side or back.

terre, à (ah tehr) On the floor.

tombé (tahm-bay) "falling" a lunge-like step, dancer "falls" forward back or side onto leg in fondu. As in tombé (dégagé) pas de bourrée , used as a traveling preparatory step for big jump.

tour (toor) "turn."

tour de reins [toor duh ren]. Turn of the back. This is a series of coupé-jeté en tournant done en manège. The dancer contracts his back muscles and leans toward the centre of the circle at an acute angle. The angle is obtained through the speed and continuity of the step which demands good elevation and a well-arched back. The tempo has an unusual accent and the step actually becomes jeté-coupé instead of coupé-jeté. The jeté may be performed in attitude or arabesque.

tour en l'air (toor ahn lehr) A turn in the air. Usually done by men. A complete single, double (or triple) turn in the air while the legs do a changement. Head spots like on a fast pirouette.

tournant, en (ahn toor-nahn) Turning. To turn in a circle - many jumps to be done by turning.

trois (trwah) This means three. **troisieme** (trwah-zee-em) This means third

variation : a solo dance, there are a number of classical variations that have been handed down from teacher to teacher and are learned as part of the great history of ballet. They are also learned for competitions. (A grand pas de deux, which is a traditional full length duet of male and female dancer, consists of an adagio section: with slow partnered extensions, lifts and turns; then a male variation; a female variation; then a coda: (like a finale) which is usually started by the male dancer, then the female dancer (often here are performed the turns a la seconde for the man and fouettés for the female) then finishing with both dancers onstage.

volé (voh-lay) This means flying, as in brisé volé.