

## Vocabulary

- Plie: Bending at the knees. They are typically done in 1st, 2nd, 4th and 5th positions in classical ballet, both at the barre and center in classes. A plie helps provide the proper cushioning when landing from jumps, keeping the dancer from becoming easily injured and able to dance very long ballets and dances.
- Releve: is a classical ballet term meaning "raised." It describes the action when a dancer rises up and seemingly is standing "on their toes"
- Demi: is a classical ballet term meaning "half." For example, demi-plie, means "half bend at the knees."
- Grand: Grand is a classical ballet term meaning "big" or "large." It is always used to describe another step. For example "grand-plie"
- Developpe: is a classical ballet term meaning "to develop," or "developing movement." It is a movement where the dancer's working leg is drawn up to the knee of the supporting leg and extended to an open position. As the working leg is brought up, the standing leg is typically straight while also keeping the hips level.
- Fondu: Fondu is a classical ballet term meaning "sinking down." It describes both the movement and the quality of a dancer where they are doing a pli  on a single leg. If you think of a pli  being for two legs, a fondu is the same, just for one.
- Pas de chat: is a classical ballet term meaning "cat's step." It gets its name because the step resembles how a cat jumps. Starting in fifth position with the right foot in back, the dancer pli s then jumps with the right leg going into a passe quickly followed by the left leg moving into passe. For a moment, the dancer is in the air with both legs in high passe.
- Passe: is a classical ballet term meaning "passed." It refers to the movement when a dancer goes through a retir  position, which is when one leg is bent so it looks like a triangle with the foot placed near the other leg's knee.
- Sous-sus: in fifth position - spring releve to crossed fifth.
- Echappe: is a classical ballet term meaning "escaping." A dancer does an echappe with their legs and feet. Starting in a closed position,

usually fifth position with the feet, the dancer slides both feet out equally into either second or fourth position.

- **Changement:** to change - jump in fifth or third position, changing which foot is in front.
- **Jete:** (thrown) brush a tendu a little harder until leg/foot comes up off floor to about 45 degrees. Also taught at 25 degrees
- **Ron de Jambe:** round of the leg - tendu front, make a circle toward side with toe, then toward back or back side, front.
- **Frappe:** to strike
- **Cambre:** is a classical ballet term meaning "arched." The body is bent from the waist and stretching backward or sideways with the head following the movement of the upper body and arms.
- **Coupe:** term meaning "cut" or "cutting." A coupé describes a step where one foot cuts the other foot away, taking its place.
- **Glissade:** term meaning "glide." It is a traveling, usually small, jump that is usually used to link other steps together. A dancer performs a glissade by plieing in fifth position, sliding (or gliding) one foot out into a degage side.
- **Pirouette:** is a classical ballet term meaning "spin." It describes when a dancer is turning around one leg with the other off the ground and in a position, most commonly in passé.
- **Spotting:** describes the action of a dancer's head while turning. Learning how to spot correctly is a very important part of technique in all forms of dance, especially in classical ballet. When spotting correctly, a dancer becomes much less dizzy.
- **Sickling:** ballet term that is used to describe a dancer's foot that is incorrectly placed or pointed, causing it to look curved inwards when looking at the front view of the leg.
- **Turn out:** a rotation of the leg that comes from the hips, causing the knee and foot to turn outward, away from the center of the body.
- **Grand Battement:** like tendu and jété, brush foot on floor, but with more energy so that it becomes a big, straight leg kick.

- Tendu: gradually extending the working leg to the front, side, or back, passing from flat to demi-pointe to point where only the toes are touching the floor
- Port de bras - an exercise designed to develop graceful movement and disposition of the arms, typically involving a bend accompanied by arm movement.
- Chaines - a series of short usually fast turns by which a ballet dancer moves across the stage.