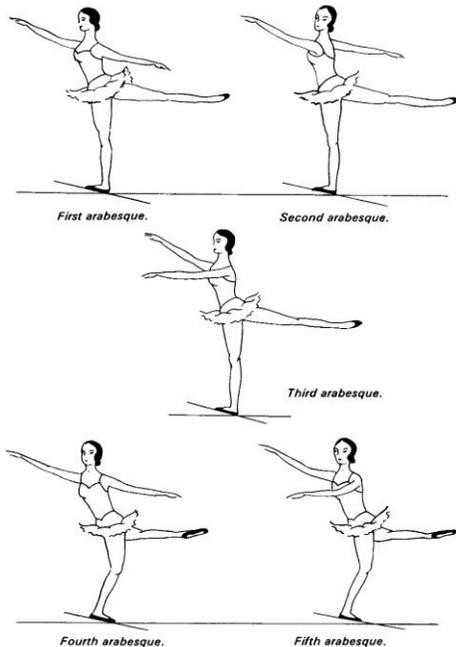


Ballet III

Barre:	Definition/Description
Circular/grand port de bras	A circular movement of the arms combined with cambré.
Detourné	Turned aside. A pivot turn on both points or demi-points toward the back foot to reverse the position of the feet. This is often done at the barre to change sides.
Developpé en croix	Developed. Developpé is a movement in which the working leg is drawn up to the knee of the supporting leg and slowly extended to an open position en l'air. (en croix: in the shape of a cross- Front, side,back,side)
Fondu a terre and en l'air en croix	Fondu: to melt or sink down. A term used to describe a lowering of the body made by bending the knee of the supporting leg. Then extending the working leg a terre (on the ground) or en l'air (in the air).
Frappé en croix	Frappé: to strike. The ball of the working foot strikes the floor on it's way out to a strong point. A frappé can also be performed in relevé with a pointed foot. (en croix: In the shape of a cross- Front, side,back,side)
Piqué a terre devant, a la seconde, and derriere	Piqué (pricked) on the ground. The tip of the toe pricks the floor to the front, side, and back.
sur le cou-de-pied/Coupé	sur le cou-de-pied: on the 'neck' of the foot. The position of the working foot placed with the outside face of the heel in front of the supporting foot just above the ankle and all five toes wrapped and pointed behind the working heel. Coupé: cut. When the working foot cuts the supporting foot at the ankle to the front or the back.
Temps lié	Connected movement. A sequence of movements that are connected together smoothly. Transmitting the weight of the body from one position to the other in a smooth, rhythmical movement.
5 Arabesques	See illustration below
Assemblé	Assembled. A jumping movement where the working foot slides along the ground before brushing out into the air. As the supporting leg pushed the dancer into the air both feet are pointed. Both feet land on the ground simultaneously in fifth position.
Bourrée en tournant	turning bourrée
Echappé from 5 th to 2 nd changing	Escaping. An opening of both feet from 5th position (equal distanc) to an open 2nd position on relevé. Then returning to 5th position with the opposite foot in front.
Emboîté in place	Fitted together. An emboité is a type of jeté where the dancer alternates their legs in a bent position, springing from the floor into front attitudes.
Entrechat quatre	Four crossings. From 5th position demi plié, jump in the air slightly opening the legs and beat the calves together in back, slightly open the legs and finish in demi plié in 5th front.
Jeté	Thrown. A jump from one foot to the other in which the working leg is brushed into the air and appears to have been thrown.
Pas de cheval	Horse's step. From a tendu devant (front) brush the pointed foot inward toward the knee of the supporting leg, developpé to tendu devant a terre.
Petite Allégo	Petite: Small. Allégo: Brisk or lively. Bright, fast or brisk steps and movement
Promenade a terré	A walk. When a dancer turns around on one leg with the standing leg's heel on the floor, while the other leg is in a position such as an arabesque or attitude derriere.
Single pirouette en dehors from 4 th and 5 th	a spin, turning outward. When a dancer turns toward the direction of the leg they lift into the turning position.
B+ position	(8th position) attitude a terre derriere. Tendue derriere but with the working knee bent so that both knees are touching and the big toe rests on the ground.
Ballet runs reaching toes first	Running in demi point from one foot to the other with legs and toes extended in transition.
Chassé sauté in sur le cou-de-pied, passé, and arabesque	Chassé: to chase. Sauté: jump. A sequence of a chassé into a sauté in sur le cou-de-pied, passé, and arabesque.
Fouetté sauté	Fouetté: whipped. Jump with a single leg to the front, then quickly change body (whipping around) direction to the opposite side and rotating the leg into an arabesque before landing.
Grand Allegro	Grand: Big or large. Allégo: Brisk or lively. A traveling sequence typically consisting of large jumps (grande jetes, fouetté sautés, tour jetés, saut de chats, etc.)
Pas de Chat	Cat's step. Beginning in 5th position, plié then jump with the right leg going into a passé quickly followed by the left leg moving into passé and landing in front in 5th.
Piqué arabesque	Piqué: pricked (meant to describe how a dancer transfers weight onto a leg). Step directly on to a high demi-pointe in the arabesque position
Plié chaîné	Plié: to bend. Chaîné: chains or links. Plié in second position into a series of turns en pointe on both feet, picking up each foot back and forth in order to keep moving in a line or circle.
Pas de valse en tournant	Tuening waltz step. The first step is a strong 'brush' onto the floor (passing the foot in 1st) the 2nd leg (after turning 1/2 turn) will brush back into a low arabesque.



ARABESQUES: CECCHETTI METHOD