

# Ballet Terms for Level 5

## Seven Movements of Ballet

Plier—to bend  
Relever—to rise  
Glisser—to glide  
Tourner—to turn  
Élancer—to dart  
Sauter—to jump  
Étendre—to stretch

## Schools of Ballet

Cecchetti—Italian  
Vaganova—Russian  
Royal Academy of Dance, RAD—English

## Positions of the Body

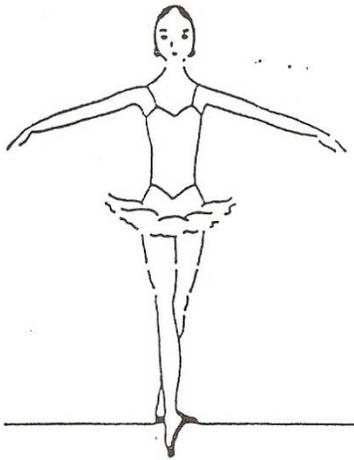
À la quatrième devant  
À la quatrième derrière  
À la seconde  
Croisé devant  
Croisé derrière  
Écarté devant  
Écarté derrière  
Effacé devant  
Effacé derrière  
Épaulé

## Terms

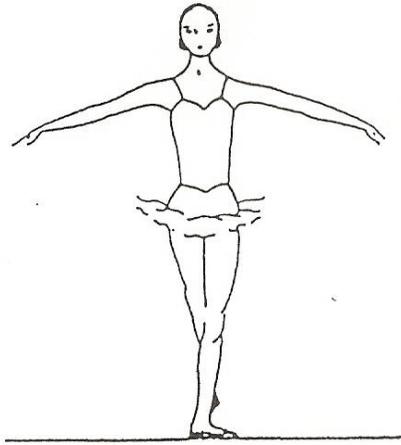
À terre (a tehr)—on the ground  
Adage (a-DAHZH)—at ease or leisure  
Allégro (a-lay-GROH)—lively  
Allongé (a-lawn ZHAY)—extended  
Arabesque (a-ra-BESK)—ornament  
Assemblé (a sahn-BLAY)—assembled  
Attitude (a-tee-TEWD)—a way of holding the body  
Balancé (ba-lahn-SAY)—rocking step  
Balançoire (bal-lahn-SWAHR)—like a seesaw  
Ballerina (bahl-lay-REE-nah)—female dancer  
Ballonné (ba-law-NAY)—ball-like  
Ballotté (ba-law-TAY)—tossed  
Battement (bat-MAHN)—beating  
Battu (ba-TEW)—beaten  
Brisé (bree-ZAY)—broken  
Cabriole (da-bree-AWL)—caper  
Cambé (kahn-BRAY)—arched  
Cavalier—male partner to a ballerina  
Chaînés (sheh-NAY)—chains  
Changement de pieds (shahnzh-MAHN dug pyay)—change of feet  
Chassé (sha-SAY)—chased  
Choreography—dance composition  
Cloche (klawsh)—like a bell  
Contretemps (kawn-truh-THAN)—beating against time  
Corps de ballet (kawr duh ba-LAY)—body of the ballet  
Coupé (koo-PAY)—cut  
Coursu (koo-REW)—running  
Croisé (krwah-ZAY)—crossed  
Danseur (dahn-SUHR)—male dancer  
De suite (duh sweet)—continuously  
Dégagé (day-ga-ZAY)—disengaged  
Demi (duh-MEE)—half  
Derrière (deh-RYEHR)—behind  
Dessous (duh-SOO)—under

Dessus (duh-SEW)—over  
Détourné (day-toor-NAY)—turned aside  
Devant (deh-VAHN)—in front  
Développé (dayv-law-PAY)—developed  
Écarté (ay-kar-TAY)—thrown wide apart  
Échappé (ay-sha-PAY)—escaping  
Effacé (eh-fa-SAY)—shaded  
Élancé (ay-lahn-SAY)—darting  
Emboité (ahn-bwah-TAY)—boxed  
Enveloppé (ahn-vuh-law-PAY)—enveloped  
En croix (ahn krawh)—in the shape of a cross  
En dedans (ahn day-DAHNN)—inward  
En dehors (ahn day-AWR)—outward  
En haut (ahn-oh)—high  
En l'air (ahn lehr)—in the air  
Entrechat (ahn-truh-SHAH)—interweaving  
    trios—3 crossings, quatre—4 crossings, cinq—5 crossings  
Épaulé (ay-pol-LAY)—shouldered  
Failli (fah-YEE)—giving way  
Fermé (fehr-MAY)—closed  
Fondu (fohn-DEW)—sinking down  
Fouetté (fweh-TAY)—whipped  
Frappé (fra-PAY)—struck  
Glissade (glee-SAD)—glide  
Grande (grahnd)—large  
Jeté (zheh-TAY)—throwing  
Ouvert (oo-VEHR)—open  
Pas (pah)—step  
Pas de basque (pah duh bask)—step of the basque  
Pas de bourrée (pah duh boo-RAY)—step of the stuffed  
Pas de chat (pah duh shah)—step of the cat  
Pas de cheval (pas duh shuh-VAL)—step of the horse  
Pas de papillon (pas duh pa-pee-YAWN)—Butterfly step  
Passé (pah-SAY)—passed  
Penché (payn-SHAY)—leaning  
Pierre Beauchamp—1639-1705, Established the first academy of dancing in Paris, 1671, gave the  
    names of the 5 positions of the feet.  
Piqué (pee-KAY)—pricked  
Pirouette (peer-WET)—whirl  
Plié (plee-AY)—to bend  
Port de bras (pawr duh brah)—carriage of the arms  
Port de corps (pawr duh kawr)—carriage of the body  
Promenade (prawm-NAD)—in a walk  
Raccourci (ra-koor-SEE)—shortened  
Relevé (ruhl-VAY)—to rise  
Retiré (rah-tee-RAY)—withdrawn  
Révérence (ray-vay-RAHNSS)—curtsey or bow  
Rond de jambe (rawn duh zhahnb)—round of the leg  
Sauté (soh-TAY)—jumping  
Saut de basque (soh duh bask)—basque jump  
Saut de chat (soh duh shah)—cat's jump  
Serré (seh-RAY)—tight

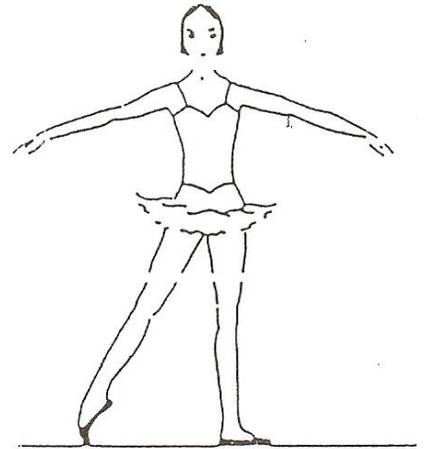
Sissonne (see-SAWN)—named for its inventor  
Soubresaut (soo-brah-SOH)—sudden spring or bound  
Soutenu (soot-NEW)—sustained  
Sur le cou-de-pied (sewr leh koo-duh-PYAY)—on the neck of the foot  
Sur les pointes (sewr lay pwent)—on the pointe  
Taqueté (tak-TAY)—pegged  
Temps de cuisse (tahn duh kweess)—thigh movement  
Temps de flèche (tahn duh flesh)—arrow movement  
Temps levé (tahn luh-VAY)—time raised  
Temps lié (tahn lyay)—connected movement  
Tendu (tahn-DEW)—stretched  
Tombé (tawn-BAY)—falling  
Tour (toor)—turn



*À la quatrième devant.*  
To the 4th in front



*À la quatrième derrière.*  
To the 4th in back



*À la seconde.*  
To the second



*Croisé devant.*  
Crossed in front



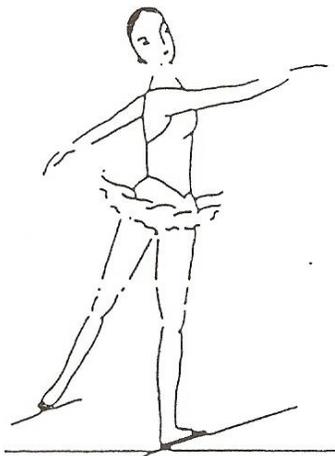
*Croisé derrière.*  
Crossed in back



*Écarté.*  
Thrown Wide Open



*Élancé.*  
Shaded



*Épaulé.*  
Shouldered