

FOR DANCE
TEACHERS

LESSON LEAP

Ballet terminology

Age:	6-8 years old
Ballet Term =	definition
A la seconde =	to the side / to second position
Adagio	slow
Allegro =	fast
Arabesque =	body position in which the weight of the body is supported on one leg, while the other leg is extended in back with the knee straight.
Assemble =	to assemble the legs together (in the air)
Chaine =	chains
Changement =	to change
Chasse =	to chase
Degage =	to disengage
Demi =	half
Develope =	to develop the leg
Eleve =	to elevate/raise (from straight legs)
En croix	in the shape of a cross
Eschappe	to escape
Fondu	to melt
Glissade =	to glide
Jete =	to brush
Pas de bourree =	beating steps (back, side, front)
Pas de Chat	step of the chat
Petit =	small
Pique =	to prick
Plie	To bend
Port de bras =	Carriage / movement of the arms
Posse =	to pass (through retire)
Releve =	to rise (from a plie)
Reverence =	Curtesy or bow at the end of class
Rond de Jambe =	round of the leg
Saute =	to jump/spring from 2 legs
Tendu =	to stretch
Tomber	to fall