

FOR DANCE  
TEACHERS

# LESSON LEAP

## Ballet terminology

<b>Age:</b>	<b>9-11 years old</b>
<b>Ballet Term =</b>	definition
<b>A la seconde =</b>	to the side / to second position
<b>Adagio</b>	slow
<b>Allegro =</b>	Jumps
<b>Arabesque =</b>	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.
<b>Assemble =</b>	to assemble the legs together (in the air)
<b>Balances =</b>	to rock or sway
<b>Battements =</b>	
<b>Chaine =</b>	chains
<b>Changement =</b>	to change
<b>Chasse =</b>	to chase
<b>Develope =</b>	
<b>Degage =</b>	to disengage
<b>Demi =</b>	half
<b>Develope =</b>	to develop the leg
<b>Eleve =</b>	to elevate/raise (from straight legs)
<b>En croix</b>	in the shape of a cross
<b>Eschappe</b>	to escape
<b>Fondu</b>	to melt
<b>Glissade =</b>	to glide
<b>Grand plies =</b>	a full knee bend
<b>Jete =</b>	to brush
<b>Pas de bourree =</b>	beating steps (back, side, front)
<b>Pas de Chat</b>	step of the chat
<b>Petit =</b>	small
<b>Pirouette en Dehors =</b>	Outside turn with the working leg in retire
<b>Pique =</b>	to prick
<b>Pique turns =</b>	turning onto a straight leg, with working leg in posse
<b>Plie</b>	To bend
<b>Port de bras =</b>	Carriage / movement of the arms
<b>Posse =</b>	to pass (through retire)
<b>Releve =</b>	to rise (from a plie)
<b>Reverence =</b>	Curtesy or bow at the end of class
<b>Rond de Jambe =</b>	round of the leg
<b>Rond de jambe en l'air=</b>	round of the leg, with the working leg lifted off the ground
<b>Saute =</b>	to jump/spring from 2 legs
<b>Tendu =</b>	to stretch
<b>Tomber</b>	to fall