


Ballet terminology	
Age:	3-5 years old
<b><u>Ballet Term =</u></b>	definition
<b><u>Plie</u></b>	To bend
<b><u>Demi =</u></b>	half
<b><u>Tendu =</u></b>	to stretch
<b><u>Pique =</u></b>	to prick
<b><u>Degage =</u></b>	to disengage
<b><u>Releve =</u></b>	to rise (from a plie)
<b><u>Eschappe</u></b>	to escape
<b><u>Posse =</u></b>	to pass (through retire)
<b><u>Port de bras =</u></b>	Carriage / movement of the arms
<b><u>Arabesque =</u></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><u>Chasse =</u></b>	to chase
<b><u>Changement =</u></b>	to change
<b><u>Saute =</u></b>	to jump/spring from 2 legs
<b><u>Jete =</u></b>	to brush
<b><u>Petit =</u></b>	small
<b><u>Glissade =</u></b>	to glide
<b><u>Tomber</u></b>	to fall
	
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