

**TERMINOLOGY FOR TECHNIQUE**  
**BALLET**

**POSITIONS**

**Feet** – first, second, fourth, fifth and sixth (Parallel)

**Arms** – first, second, third (R & L), fourth (R & L), fifth (low & high)

**Rotation** – refers to the rotation of the leg in the hip socket

- Turn-out – This is the ability of the dancer to turn his feet and legs from the hip joints. This position gives freedom of movement.
- Parallel – (sixth position) knees face forward and legs are parallel

**Extension** – Term used to describe the ability of a dancer to raise and hold the extended leg in the air.

**Warm – up**

Plie – A bending of the knees (demi – small or grande – large)

Releve – A raise of the body on to demi-point (toes)

Tendu – stretched, to stretch the ankle and foot

Degage– Disengaged. It differs from tendu in that it releases slightly from the floor. Quick brush.

Rond de Jambe – A circular movement of the leg, done clockwise (en dehors), counterclockwise (en dedans) or en l'air – in the air.

Frappe – to strike

Fondue – to melt

Grand Battement - lifting action of the extended leg (big kicks)

Develope – to develop the leg from one position to the next

## Across the floor

### **Turns & Techniques**

- **Spotting** – This is a movement of the head in which the dancer does a rapid movement that gives the impression that the face is always turned forward and prevents the dancer from becoming dizzy.
  
- **Chaine's** – chains, links. A series of rapid turns on demi – pointe in first position.
- **Pique'** - perch. Executed by stepping directly on the demi-pointe of the working foot in Passe'(pass) – the "P" position
- **Pirouette** – whirl or spin. A complete turn of the body on one foot on demi-pointe, the motive being obtained from a combination of plie, arm movement, and focus (spotting).
- **Chasse'** - chased. A step in which one foot literally chases the other out of its position.
- **Tour** – turn. A turn of the body.
- **Tour en l'air** – a turn of the body in the air.
- **Waltz step** – done in 3's. (down – up –up)
- **Pas de bourre'e** – a progression of demi-pointe by a series of small, even steps with the feet close together
- **Glissade** – glide. A traveling step executed by gliding the working foot from the fifth position in the required direction, the other foot closing to it. It is used as a linking step.

### **Jumps**

- **Saute'** – A hop on one foot, landing on the same foot
- **Soubresaut** – sudden spring or bound
- **Pas de chat** – large cat's step.
- **Jete'** – Thrust. A jump from one leg to the other in which the working leg is brushed into the air and appears to be thrown.