

BALLET TERMS

GRADE ONE

Exercise

Bras bas	Low position of both arms to form an oval
Battement	A beating action of the working leg
Tendu	To stretch – an outstretched position or action
Grand	Large or Big
Devant	In front
Derrière	Behind or at the back
Petit	Small
Jetè	To throw
Dégagé	To disengage or move apart
Demi	Half or half way
Plié	A bending of the knees
Port de bras	Graceful movement of the arms
Sauté	To jump from two feet to two feet
Demi bras	Halfway arms - Halfway between bras bas and 1 st position
En croix	In the shape of a cross
Adage	Slow graceful co-ordinated movements
Glissade	Gliding or sliding movement along the floor
Changement	To change - A changing of the feet whilst in the air
Posé	To step – poised
Temps levé	A lifted movement – with a hop
En face	Facing the front (downstage)

BALLET TERMS

GRADE TWO (Please remember to include Grade One terms)

Exercise

Arabesque	A balanced pose on one leg with the other leg extended behind (à terre or en l'air)
À terre	The working foot remains on the ground
En l'air	In the air – the working foot is off the ground
Pas de chat	Step of the cat
Enchaînement	Steps linked together to form a short sequence
Assemblé	To assemble, to join feet together
Soutenu	To sustain or hold
Fondu	To melt – a smooth bending movement of the supporting leg
Échappé	To escape – a movement of legs from a closed to an open position
Relevé	A strong rise or snatch onto demi point keeping toes in contact with the floor
Croisé	Crossed (body alignment), the front foot is nearest to the audience
Ouvert	Open (body alignment)

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GRADE THREE (Please remember to include Grade One and Grade two terms)

Exercise

Glissé	A glide or a slide
Ronds de jambe	A circling or rounding action of the working leg, i.e. an oval
En dehors	Outward action of the working leg
En dedans	Inward action of the working leg
Retiré	A drawing up action of the working foot
Attitude	A posé – a contained position based on curves
Chassé	To chase – a linking movement with a sliding action
En avant	To the front – movements travelling forward
En arrière	To the back – movements travelling backwards
Balancé	To rock. A balanced step set to waltz time with accent on the first step
De côté	To travel sideways
Soubresaut	A spring in the air in 3 rd or 5 th position without changing feet on landing
Pas de bourrée	A running step. Step of the bourrée, an old French dance
Sur place	An action performed without travelling

BALLET TERMS

GRADE FOUR (Please remember to include Grade One, two and three terms)

Exercise

Frappé	To strike
Sur le cou de pied	On the neck of foot. Phrase used to describe placement of the working foot on the supporting leg
Développé	A sustained unfolding action of the working leg
Fouetté	To whip
Épaulement	A use of the shoulders in relation to the body
A deux bras	(Two) with both arms
Temps lié	The transfer of weight from one leg to another.
Pirouette	A whirl - spinning action performed on one leg

GRADE FIVE (Please remember to include Grade One, two, three and four terms)

Exercise

Sissonne	Scissor action - a jump from two feet to one foot
Fermé	To close - a jump that needs you to close the working leg after the jump
Battu	To beat - a beating action of the legs. Any step that adds an extra beat before finishing is considered battu. Jeté battu , for example
Entrechat	To interweave or braid - To jump in the air from two feet - beat the legs together in the air, land either on one or two feet. For example: in an entrechat-quatre starting from fifth position, right foot front, the dancer will jump crossing her legs and beating first the right thigh on the back of the left thigh, then at the front of the left thigh, landing in the same position she started
QUATRE	Four - four interweaving action, two with each leg