

**Dance Connect Review Guide**

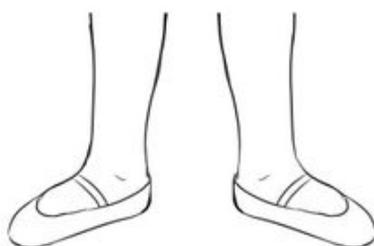
**Positions of the Feet**



Sixth Position



First Position



Second Position



Fifth Position

**Positions of the Arms**



Arms Down



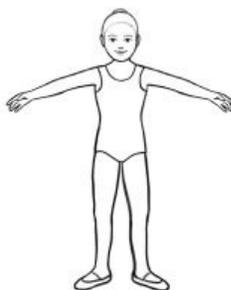
Hands on Waist



Fifth Position  
En Haut



First Position

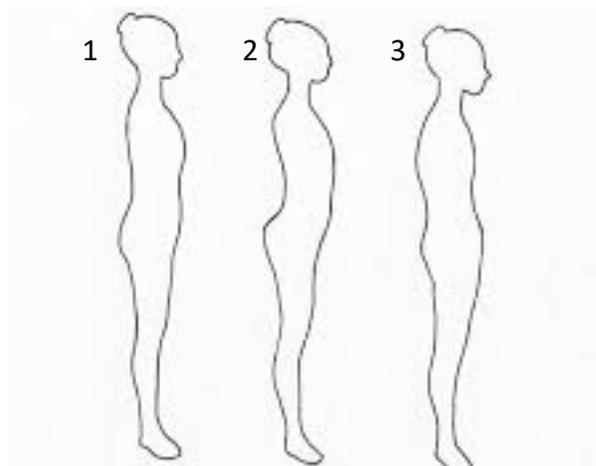


Second Position



Bras Bas  
Or 5th En Bas

## **Ballet Posture**



*Which dancer has good posture?*

1. Dancer #1 is standing up straight with their belly button to their back and their bottom under.
2. Dancer #2 is sticking their bottom out.
3. Dancer #3 tucked their bottom too far under.

We want to stand like Dancer #1 in ballet class to dance our best and prevent injuries!

## **Warming Up**

*Why is warming up important?*

It prepares our bodies to move without getting injured.

*What are some good warm-up exercises for ballet?*

- Cardio to get your heart rate up – jumping jacks, mountain climbers
- Strengthening exercises – plank, pushups, ab exercises
- Gentle stretches – butterfly, reaching to toes, roll downs
- Foot exercises – demi-pointe, flex, demi-pointe, pointe

## **Vocabulary**

*Why do ballet steps have French names?*

Ballet was actually created in Italy in the 1500s, but King Louis the 14th of France LOVED dancing ballet. Because he loved ballet, he hired dance teachers to name and write down the steps.

**Barre** (*pronounced 'bar'*) The bar in a dance studio that a dancer holds for support.

**Bourrée** (*boo-RAY*) This is a move that is performed in *elevé* involving tiny, quick steps on almost straight legs.

**Chassé** (*shah-SAY*) "To chase", heels kiss as one foot chases the other in this travelling step

**Coupé** (*koo-PAY*) This means "to cut" - to move the foot off the floor and to put it either in front of the ankle or at the back of the ankle. It's like *passé*, but at the ankle.

**Dégagé** (*day-ga-ZHAY*) Meaning "to disengage". This is like a *tendu*, but the foot comes off the floor 2 inches.

**Demi-plié** (*deh-mee plee-AY*) This is a small bend. Meaning the knees bend over the toes while keeping the heels of the foot on the floor.

**Échappé** (*ay-shah-PAY*) Means "to escape" - a jump from 1st to 2nd position

**Elevé** (*eh-leh-vay*) "To rise" with straight knees into *demi-pointe*

**En Cloche** (*ahn klosh*) Means "like a bell" being rung - swinging back and forth. The leg moves back and forth from *tendu front* through 1<sup>st</sup> position into *tendu back*.

**En Croix** (*ahn kwah*) Meaning in a cross shape. Movement to the front, to the side, to the back and the side again.

**Leap** Jump from one foot to the other. Working towards jumping with a split in the air.

**Pas de chat** (*pah duh shah*) "Jump of the cat" - *Passé* one leg and then jump to *passé* with the other leg.

**Passé** (*pah-say*) This means "to pass". The working leg's foot is pointed to the side of the supporting leg's knee.

**Piqué** (*pee-kay*) "To prick" - quickly touch a pointed toe to the floor in *tendu* position and then lift it up like the floor is made of hot lava!

**Plié** (*plee-AY*) Means "to bend" - the knee or knees

**Port de bras** (*pohr duh brah*) Movement of the arms

**Relevé** (*rehl-leh-vay*) "To rise" from a *plié* into *elevé* position on *demi-pointe*

**Révèrence** (*ray-vay-rahns*) To bow or curtsy - the last exercise of a ballet class.

**Rond de jambe** (*rohn duh zjahmb*) Like drawing a semi circle on the floor - 12 o'clock, 3 o'clock, 6 o'clock, close 1<sup>st</sup>. Can be done **en dehors** (out the door / front side back) or **en dedans** (back side front)

**Sauté** (*soh-tay*) "To jump"

**Sous-sus** (*soo-sew*) A very tight 5th position on *demi-pointe*. Imagine holding a \$100 bill between your knees that you don't want to drop!

**Spring points** Alternating hops from one foot to the other with the other foot in tendu front

**Temps lié** (*tahn lee-yay*) A step to connect - to transfer the weight of the body from one leg to the other. We usually do tendu side, temps lie through 2<sup>nd</sup> position to tendu the other foot.

**Tendu** (*tahn-dew*) To draw a straight line on the floor landing with a pointed foot. We do these in 1<sup>st</sup> position.

**Tour** (*toor*) This means "to turn". We jump up in the air in 1<sup>st</sup> position and land in 1<sup>st</sup> position. We do quarter turns, then half turns, and then for a challenge a full turn. Make sure you're spotting!

**Triplet** – A travelling move that is 3 steps – down, up, up.

### **Ballet Class Order**

#### **Warm-up:**

Cardio, strengthening exercises, gentle stretches, foot exercises

#### **Center:**

Plié

Tendu

Dégagé

Piqué

Rond de jambe

Relevé/elevé

Jumps - Sauté (6<sup>th</sup>, 1<sup>st</sup>, and 2<sup>nd</sup>), Échappé, Spring points, Pas de Chat, Tour

#### **Across-the- Floor:**

Ballet walks

Passé walks

Passé sauté (aka Skipping, forwards and backwards)

Triplets

Chassé (and "pancakes" if you're in Ms. Lara's class!)

Leaps

#### **Révérence**