

GRADE 3

Ballet terms Grade 3 should know

1st arabesque – same arm forwards as supporting leg

2nd arabesque – opposite arm forwards as supporting leg

A la seconde -To the side

Adage - Slow, graceful, coordinated movements of the arms, feet, body and head.

Arm positions - Bras bas – low arms, 1st position, 2nd position, 3rd position, 4th position, 5th position, open 5th, demi second, open 4th , demi bras

Assemblé – assemble , parallel, dessus

Attitude - Leg lifted off the floor at 45 degrees, with a bent knee, devant or derrière

Balancé – lyrical step on a waltz rhythm – moves side to side

Basic port de bras – arms start bras bas to 1st, 2nd, through demi second to bras bas

Battements Tendus - Stretch of the foot (with straight leg, foot stays on the floor) (to the front, to the side, to the back)

Changements - A jump changing feet

Chassé – slide

Cifra - Toe, heel, toe or Step, heel, step.

Classical pose

cou de pied - a point just above the ankle bone devant or derriere

Croisé - Crossed. from audience view, it makes a X

Crossing rida step - (grape vine step) step to side, step in front, step to side, step behind.

Curtsey or bow

Czardas - Step to side, other leg joins parallel and bend

Dégagé – point

Demi plié – half bend

Demi-pointe - Raise heels but keep bottom of toes flat on the floor

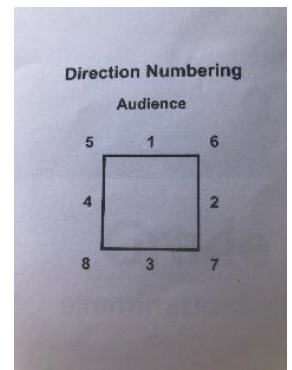
Derriere - To the back

dessous – under

dessus – over

Devant - To the front

développé - unfold



Echappés Sautés - A jump from 1st position landing in 2nd (Echappés means to escape)

En croix - a sequence that is repeated devant, to 2nd, derriere and again to 2nd (or the reverse)

En dedans – inward circling action of the leg

En dehors – outward circling action of the leg

En face- Facing the front

Fondus- To melt, a bend of/on one leg

Full port de bras – arms start bras bas, go through 1st to 5th, open to second, through demi second to bras bas

Glissade - Sliding/gliding step

Glissade derrière – back foot extends, feet don't change

Grand Allegro - Big, lively (e.g. jumps, leaps, step hops)

Grand Battement - Big movement. Leg tendus then lifts (throwing movement) to highest point without bending underneath leg.

Grand plié - a full bending of the knees over the toes. 1st, 4th and 5th the heels are released, in 2nd the heels remain on the floor

Pas de basque

Pas de bourrée – under – behind, side, front

Petits jetés - A small jump from one foot to the other, working foot is pointed at ankle

Pivot Steps

Port de bras – carriage of the arms

Posé

Positions of the feet – 1st, 2nd, 3rd

Promenade steps

Relevé - Snatch. From demi plie, strong rise onto demi-pointe

Retire - Drawing up one foot to pointe toes just below the knee

Rise

Ronde de jambe à terre – circle of the leg on the floor

Running waltz step/triple runs - 1,2,3 OR Down, up, up OR Slow, quick, quick. Legs are slightly bent, steps are all the same size but emphasis is on the first step.

Sauté – jump in parallel, 1st, 2nd and 4th position

Sideways + forwards galops – (always start with a hop)

Sissonne fermée – scissor . closed. Jump travelling to the side from 2 feet to 1 foot before closing

Soubresauts - A jump in 3rd

Spring points / heels

Springs

Temps levé – step hop

Transfer of weight – moving weight from one foot to another

BARRE

Plies

Starts sideways to the barre, feet in 1st position, both arms in bras bas. 4 count introduction, take arms through 1st to 2nd, place one hand on the barre and the other in bras bas, head to centre.

1st count - Arm opens sideways through 2nd to 5th with head following hand, 2nd count - arm opens to 2nd.

2 counts to rise and lower.

2 counts to demi-plié with arm going to 1st and 2nd.

2 counts to rise and take small steps en demi-pointe to face the barre and place feet in 1st position with both hands now on the barre.

4 counts to grand plié (1st count demi plié, 2nd count full plié, 3rd count demi plié, 4th count to stretch)

2 counts to rise and lift upstage arm to 1st then downstage arm to 1st

2 counts to take small steps on demi-pointe to face the other side, lower feet into 1st position and place arm in bras bas.

Repeat all to other side.

Battements tendus and battements glissés

Starts sideways to the barre, feet in 3rd position, one hand on the barre, other in bras bas. 4 count into, hold for 2, then take arm 1st and 2nd.

1 battement tendu en croix – foot stretches devant and closes in 3rd, stretches to 2nd and closes at the back, stretches derrière and closes in 3rd and stretches to the side and closes in front.

3 battement glissés en cloche, glissé devant, brush through 1st position to glissé derrière, brush through 1st position to glissé devant, close in 3rd.

2 battement glissé to 2nd closing derrière and devant.

Repeat all, both arms to bras bas at the end.

Battement fondus and développés devant

Starts sideways to the barre in 3rd position, one hand on the barre, other in bras bas. 4 count intro, hold for 2, then take arm 1st and 2nd.

2 counts to battement fondu to place foot devant

2 counts to battement fondu and place foot in 3rd position devant
repeat with inside leg, arm comes to bras bas on count 8
6 counts to développé devant and close 3rd devant with basic port de bras
release inside leg to cou de pied derrière en fondu and take small steps en demi pointe turning to other side
changing feet and lowering to 3rd, whilst the arm goes through 1st to 2nd

Repeat all to other side, both arms come to bras bas at the end

Grands battements devant

Starts sideways to barre, 3rd position, one hand on the barre, other in bras bas. 8 count intro, hold for 4, then take arm 1st and 2nd.

3 counts to grand battement devant to point devant and close 3rd devant, hold count 4

Repeat

demi plié, arm to bras bas

2 relevés in 5th, arm to 1st position

demi-détourné, free arm to 2nd position, lower into 3rd en demi plié and straighten legs

Repeat to other side

Repeat all, both arms to bras bas at end

Grands battements to second and derrière

Starts facing the barre in 3rd position, downstage foot devant, both arms bras bas. 8 count intro, hold for 4 counts, then place both hands on barre.

3 counts to grand battement to 2nd to point in 2nd with downstage leg and close 3rd devant, hold count 4

Repeat

demi plié

2 relevés in 5th

point to 2nd with downstage leg, straightening supporting leg and hold, then close 3rd derrière and hold

Repeat with other leg

3 counts to grands battement derrière to point and close 3rd, hold on count 4

Repeat

2 relevés in 5th

pointe to 2nd with upstage leg and close 3rd devant

Repeat with other leg, both arms come to bras bas at the end.

CENTRE

Port de bras

Starts facing corner 6, 3rd position left foot devant, arms bras bas. 4 count intro, hold count 1, arms to first on count 2, step back onto right leg to point left leg devant both legs straight whilst arms go through bras bas, 2nd to 4th right arm raised.

2 counts to transfer weight forwards through relaxed knees to point derrière straightening supporting leg repeat transfer of weight in reverse to point devant

close 3rd position

arms change overhead to 4th left arm raised

Facing the front (1) chassé to left into 2nd and straighten supporting leg as left arm lowers across body through 1st and bras bas to 2nd right arm through bras bas to 1st.

4 balancés from side to side commencing right (RLRL) arms from 3rd to 3rd alternate arms commencing left arm forwards (LRLR)

Right leg petit développé to pointe to open 4th devant en fondu as right arm over right leg with palm up, left arm to demi seconde

close right foot 5th devant en demi-pointes turning to face 5, arms undersweep to 1st

Step back onto left leg to point right leg devant, both legs straightening whilst arms undersweep through 2nd to 4th left arm raised

Repeat to other side, then close 3rd devant, arms to bras bas

Ronds de jambe á terre

Starts upstage centre facing the front 1st position, arms bras bas. 4 counts intro, hold for 2, then arms 1st to 2nd

& extend right leg to side en fondu

3 transfers of weight from side to side en fondu commencing right (RLR) whilst arms to 4th left arm raised, and change with transfers of weight (LRL), head follows side arm

On count 4, straighten supporting leg, arms to 2nd, head to front

4 counts to rond de jambe á terre en dehors or en dedans with left leg (en dehors, count 1 leg points devant, count 2 leg brushes through 1st position, count 3 point leg derrière, count 4 leg points to side. En dedans – in reverse)

& fondu on right leg

Repeat sequence a total of 4 times

After music, close 1st, arms bras bas

Transfer of weight

Starts one dancer in each corner, 1st position, arms in bras bas. 4 count intro, 2 counts hold, point right leg devant, arms to demi seconde

2 running waltz steps forwards to centre of room

2 transfers of weight forwards and backwards

run en demi-pointe backwards to original corner, place feet in 1st position, arms 2nd

Step turn step to right

Step turn step to left

4 running waltz steps travelling anti-clockwise round the edges of the room

Repeat all – only 3 running waltz steps 2nd time, to finish facing out of circle placing feet in 1st position, arms to open 5th

Adage

Starts upstage between centre and corner 8, facing 6 in classical pose. 4 count introduction, hold for 2, arms through bras bas to 1st for 2.

Step forwards into 1st arabesque and hold

2 steps forwards, arms through 1st to 2nd arabesque

left leg step to right across body with right foot placed cou de pied derrière en fondu, arms to 3rd right arm forward

2 soft pas de bourrée over movement, arms change to 3rd through 2nd

2 classical walks toward 6, arms through bras bas and 1st

step forwards en fondu to 2nd arabesque

Step back into dégagé devant, arms full port de bras to 5th, and hold

2 steps back (LR) arms through 2nd and full port de bras to 5th, and hold

soft rise as arms open to wide 5th, and run in clockwise curve, as arms go through 2nd to 3rd, right arm forward

Repeat all on the other side, finishing at starting place, free ending position

Sautés and changements

Starts in centre, facing the front, feet in parallel, arms in bras bas. 4 counts intro, hold for 3, demi plié on 4.

2 jumps in parallel

2 jumps in parallel by half turn to right

Repeat

Jump to 1st

Echappé sauté to 2nd and close in 3rd right foot front

3 changements

jump into parallel, hold demi-plié on count 8

Repeat all to other side, straightening knees at end of music

Glissades, sissonnes and assemblés – prepare both sides

Starts upstage near corner 7, facing the front, 3rd position left foot front, arms in bras bas. 4 count intro, hold for 2, arms through 1st to 3rd right arm forward.

2 Glissades derrières

changement

straighten legs and demi plié

Repeat to other side

Sissonne fermée OVER to side, arms 3rd right arm forward, straighten legs and demi plié

Repeat sissonne to other side, straighten legs and rise
Run towards 5, step forward with right foot, arms through bras bas to 1st
Assemblé over turning to face 6, arms to open 4th left arm raised, head to raised arm

Posés and temps levés

Performed 2 at a time. Starts side by side with partner, upstage facing the front. Feet in 1st, arms in bras bas.
Intro is 4 counts, hold for 2, arms through 1st to 2nd, leg furthest from partner extends to side.

Sideways galop, arms 2nd, temps levé in attitude devant, arms 3rd

Repeat to other side

2 temps levé in retire derrière, arms 1st

posé forwards to 5th position, outside leg devant, arms to open 4th, head to partner, hold

Run round outside to upstage corners to feet 1st, arms 2nd

Repeat all, make a position with partner to finish

Turns

Performed 1 at a time continuously. Prepare both sides.

Starts corner 8 facing 5, feet parallel, arms relaxed by sides. 4 count intro, hold for 2, arms through 1st to 3rd

Step to right

4 picked up galops turning to right travelling towards 6 (each galop should make 1 full turn)

Run forward towards 6

Demi-plié in parallel, arms 1st

Relevé onto right leg in parallel retiré, arms to open 5th, eyeline lifted

Step forwards after turn, bring arms to sides.

Grand Allegro

Performed 1 at a time continuously. Travelling in anticlockwise circle throughout

Starts corner 8 facing corner 5, 3rd position (if you like to leap with right leg forwards, start with left foot devant and visa versa) arms bras bas. 4 count intro, hold for 2, front leg degage devant, arms to demi seconde.

Step forward and hop in parallel retiré, arms to 1st

repeat with other leg, arms to 2nd

3 runs forward and leap forward

Repeat an additional 2 times to finish in corner 7

Run towards 5, free ending – grand pony galop, pas de chat, assemble over, grand jéte

Dances

A – female

Starts centre facing 5, classical pose, left foot derrière

8 count intro, 5 counts hold, step back to dégagé devant en fondu, arms reverse through 1st to demi-seconde, on count 8 step forward

Step onto L to degage right leg devant en fondu, arms through 1st to 3rd left arm forward, head and eyeline over left arm

transfer weight forward onto right leg, bringing left into cou de pied derrière en fondu, arms to high arabesque line, left arm raised, head to raised arm

2 small steps to side facing the front, arms to 2nd

Repeat to other side

Facing 5, 2 steps forward (RL) to dégagé devant en fondu and hold, arms 3rd, left arm forward, body, head and eye line over left arm

Step to right facing the front to dégagé devant en fondu facing 6, arms 3rd right arm forward, body, head and eye line over right arm

Step forward into cou de pied derrière en fondu, arms reverse to bras bas, head follows hands

Small steps on demi-pointe in 3rd turning to right to finish facing 5, right foot devant. Arms open sideways to open 4th, right arm raised, head lifted to 6

Travelling anticlockwise, forwards galop, arms 2nd, temps levé in attitude devant, arms 3rd left arm forward

Repeat an additional 3 times on alternate sides, run forward toward 6 finishing in centre of room in 1st en demi-pointes and hold, arms to 1st and sweep down and back to demi-seconde slightly behind body

Run forward towards 6 finishing in 1st en demi pointes and hold, arms sweep down and forward to 1st

3 spring points backward (RLR)

Step forward into classical pose

Step to right to face 1 and place left leg derrière into classical pose, right arm through bras bas and 1st to LOW demi-bras

Repeat to other side

Fondu and facing 6 small steps on demi-pointe in 3rd left foot devant, arms full port de bras through 5th to open 5th

4 walks forward (RLRL) travelling toward 6 and curving clockwise, arms lower to demi-seconde

Run forward continuing clockwise curve to finish upstage centre, arms 3rd right arm forward

Close 3rd right foot devant en demi-pointes facing 5, arms 1st

Step back into dégagé devant en fondu, arms through bras bas to demi-seconde

Step forward on right and glissade derrière facing 1, arms 1st

3 petit jetés derrière springing onto L, arms demi-bras

Facing 6 step back into dégagé devant en fondu, arms demi seconde, head to front

3 petit jetés derrière springing onto L

Forward galop with right leg, arms 2nd

4 temps levés in retiré derrière by half turn to right travelling toward 6

Run forward

Free position

C – (Male) and Female

Starts near corner 8 facing 4, first position, arms relaxed by sides. 4 counts intro, hold

Step backward onto left leg, step to side with right leg to face front, right arm lifts low to side

Step turn step to left en demi pointes

Transfer of weight sideways to left through relaxed legs to dégagé to 2nd, left arm reaches low to side, body tilts to left

Transfer of weight sideways through demi plié to right, left, right, arms swing naturally low from side to side, head follows arm movement

relaxed pas de bourrée under (behind side front) travelling toward 6, right arm through relaxed 1st to wide demi-bras and repeat with left arm

Temps levé on left leg in retire derrière

Travelling in an anti clockwise curve toward 7, running waltz steps (RLRL) arms lower to sides

Run forward to centre back and towards front finishing parallel en demi-pointes, arms lift sideways to 2nd palms down

facing 5, demi plié in parallel, arms 3rd left arm forward

swivel to face 6, arms 3rd right arm forward

Jump in parallel, right arm to high arabesque line

Step forward with left foot, face 8 step backward with right leg, face 6 step forward with left foot, step forward toward 6. Left arm circles forward and opens through 2nd palm up to lower by side

Step forward on L and temps levé in retiré derrière, arms 1st

Step back facing 6 and to left facing front, arms through bras bas to demi-seconde

Step forward on R to face 5 and temps levé in retiré derrière, arms through bras bas to 1st

Step forward en demi-pointes and hold, arms open 4th left arm raised, head to 1

Facing 5 and travelling towards 8, step to left into dégagé in 2nd en fondu, arms 3rd right arm forward, head over front arm

Hold

right foot step to left across body, arms 3rd left arm forward

Repeat

Run forward in anti-clockwise curve to finish left of centre

demi plié in parallel facing 5

swivel to face 6, arms 3rd right arm forward

jump in parallel, right arm to high arabesque line

Step forward with left foot, left arm circles forward overhead and opens to left slightly behind body

turning to left, kneel on R knee, roll on floor to turn left through sitting facing 3 to kneeling up on both knees facing 2, hands to floor to aid turn as necessary

right arm by side, left arm low in front palm down

Sit on heels, left arm sweeps down and back behind body, head follows arm, body leans back

left arm lifts to low 1st

raise hips thighs vertical, right arm sweeps forward to high arabesque line, left arm low behind

Step forward on L and 3 walks forward up to 6, right arm lowers to side

Step forward on L and temps levé in parallel retiré arms to open 4th left arm raised, head to 1

run forward to 8, finishing 1st en demi pointes, arms lower to sides

Step backward onto left leg, step to side with right leg to face front, right arm lifts low to side

Step turn step to left en demi pointes

Transfer of weight sideways to left through relaxed legs to dégagé to 2nd, left arm reaches low to side, body tilts to left

Transfer of weight sideways through demi plié to right, left, right, arms swing naturally low from side to side, head follows arm movement

relaxed pas de bourrée under (behind side front) travelling toward 6, right arm through relaxed 1st to wide demi-bras and repeat with left arm

Temps levé on left leg in retire derrière

Travelling in an anti clockwise curve toward 7, running waltz steps (RLRL) arms lower to sides
run forward toward 5, free leap/ jump and finish

Character Dances

D – (Male) and Female

Starts corner 6, facing 6, feet in 1st, arms relaxed by sides, head to front. 2 count intro, hold.

4 walks backwards (RLRL)

4 walks in small clockwise circle R leg first on count &

5 walks towards 5

4 walks backwards (LRLR)

9 walks in small anti-clockwise circle L leg first on count & to finish at corner 7 facing 2

3 pivot steps turning to right to finish facing 5, hands to nape of neck elbows wide, taking ribbons in both hands and open arms out to side palms up, head to front

Close 1st

3 promenade steps forwards commencing springing onto right leg

3 pas de basque in parallel (LRL) turning to left, finish facing 6

Repeat promenade steps towards 6

Repeat pas de basque steps turning to right to finish facing the back (3)

6 promenade steps forwards travelling clockwise curve, R first, finish upstage centre facing front

2 hops on left leg whilst right leg to side turned in on toe and out on heels

pas de basque in parallel (R)

Repeat to other side

2 hops on left leg whilst right leg to side turned in on toe and out on heels

Repeat an additional 2 times on alternate sides

pas de basque in parallel (R)

Facing 6, Spring onto left leg, right leg low retiré, hop and extend right leg to low devant to face 5, continuing to hold ribbons, right arm 1st and demi bras, left hand on hip fist clenched

pas de basque forwards in parallel

Repeat an additional 2 times on alternate sides

Step forwards with left foot en demi-pointe and close 1st en demi-pointe, arms wide 5th holding ribbons

Kneel on left knee, arms out to side palms up

E – (Male) and Female

Starts corner 8 facing 6, feet in 1st, hands on hips fists clenched. 4 counts intro, hold

2 extended springs forward (RL)

1 promenade step forward, arms through 1st to demi-bras

Repeat an additional 2 times

2 extended springs forward (LR)

step forward, stamp right foot in parallel

Heel pas de basque into 4th devant (R) , arms through bras bas to low demi-bras, left shoulder forward

Repeat with other leg, arms reverse to hands on hips, fists clenched, right shoulder forward

2 pas de basque in parallel by half turn to right

Repeat all

Run forward toward 6, arms open to side just below shoulder level, close parallel facing front, hands flexed, head to 4

4 hop steps in parallel retiré by half turn to left travelling toward 4, R leg first

Stamp left foot in relaxed 4th devant

2 claps

Stamp left foot in relaxed 4th devant, arms lower strongly to sides, fists clenched

Hold

Repeat to other side

Travelling in large anti-clockwise curve - 2 extended springs forward (RL)

1 promenade step forward, arms through 1st to demi-bras

Repeat an additional 2 times

2 extended springs forward (LR)

step forward, stamp right foot in parallel

Spring onto left leg to face 5, right leg lifted behind knee bent in parallel turnout, hold skirt to side

hop to face 6, right leg 4th devant en l'air (in the air)

Repeat an additional 2 times

Face the front, 3 stamps in parallel (RLR)

Repeat to other side

Facing 6 stamp right foot devant in 4th, knees bent and coupé under extending right leg to low 4th devant en fondu, left hand on hip fist clenched, right hand to upper chest, elbow held away from body

pas de bas in parallel

Repeat to other side

Facing front and travelling forward, 6 spring heels with bent knees in parallel, R first, hands on hips, fist clenched

3 stamps (RLR) with bent knees in 4th, left hand remains on hips, right arms high demi-bras

Révérance

Starts centre of 2, candidates should line up number 4 at front, then 3,2,1, facing 4, holding skirts. \$ count intro, hold.

4 promenade steps to centre facing front, commencing R

4 pas de basque in parallel turning to right

Step to right, curtsy to pianist

Step to left, curtsy to examiner