

Grade 4 Ballet Terms

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

Positions of the feet - parallel, 1st, 2nd, 3rd, 5th

1st arabesque - same arm forwards as supporting leg

2nd arabesque - opposite arm forwards as supporting leg

Á la seconde - To the side

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

Assemblé - Assemblé , parallel, dessus, dessous

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

Balancé - lyrical step on a waltz rhythm – grade 4 moves en avant and en arrière

Battement lent - straight leg lifts of the floor to low devant

Changements - A jump changing feet

Chassé - Slide. Grade 4 chassé passé en avant, back foot picks up to cou de pied, passés to the front and slides forward

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

Classical pose

Cou de pied - a point just above the ankle bone devant or derrière

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 with 2 straight legs, as other leg joins in parallel on be

de cote - a step that travels to the side

Dégagé - point

Demi plié - half bend

Demi pointe - toes on the floor, heels lifted

Derrière - To the back

dessous - under

dessus - over

Détourné - plié, relevé, turn (1/4), plié

Devant - To the front

développé - unfold, to 2nd in grade 4, foot tracks up side of leg

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

en arrière - a step that travels backwards

en avant - a step that travels forwards

En croix - a sequence that is repeated devant, to 2nd, derrière 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

épaulement - use of the shoulder, a rotary action in the upper torso, combined with the use of the head and eyes

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

Galops - always start with a hop, sideways and forwards

Glissade - Sliding/gliding step. Starts in demi plié in 3rd, leg extends to side, transfer weight onto it, stretching other foot before sliding it back into 3rd.

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

Grand Allégro - Big, lively jumps (e.g. 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

jeté ordinaire - (Grade 4 -derrière) back leg slides to 2nd off the floor, spring onto it and place other leg derrière at the base of the calf

Pas de basque

Pas de bourrée - under – behind, side, front

pas de chat - step of the cat

Pas de cheval - step of the horse, supporting leg en fondu, working leg imitating the motion of a horse pawing the ground

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

Pirouette - Grade 4 - en dehors

Pivot Steps

Port de bras - Carriage of the arms

Basic port de bras bras bas – 1st – 2nd – demi second – bras bas

Full port de bras bras bas – 1st – 5th – open 5th – 2nd – demi second – bras bas

Posé

Promenade steps

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

Relevé devant - relevé and lift frnt foot to retiré

Relevé passé - Derrière - front leg passés to the back, devant - back leg passés to the front

Retiré - one foot to pointe toes just below the knee

Révérance -curtsey or bow at end of class. 1st is always to pianist, 2nd to examiner/audience

Rise

Ronde de jambe à terre - circle of the leg on the floor, Grade 4 - skimming with 1/4 or 1/2 turn

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

Side bend - arm lifts to 5th, head turns to look down to barre elbow, upper body bends towards barre arm

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, Grade 4 - in arabesque

Transfer of weight- moving weight from one foot to another

Compiled by Miss Cole