

Ballet Terms for Levels 7 & 8

Seven Movements of Ballet

Plier—to bend
Relever—to rise
Glisser—to glide
Tourner—to turn
Élancer—to dart
Sauter—to jump
Étendre—to stretch

Positions of the Body

Croisé devant
Croisé derrière
À la quatrième devant
À la quatrième derrière
À la seconde
Écarté devant
Écarté derrière
Épaulé

Schools of Ballet

Cecchetti—Italian
Vaganova—Russian
Royal Academy of Dance, RAD—English

Terms

À terre (a tehr)—on the ground
Adage (a-DAHZH)—at ease or leisure
Allégro (a-lay-GROH)—lively
Allongé (a-lawn ZHAY)—extended
Arabesque (a-ra-BESK)—ornament
Assemblé (a sahn-BLAY)—assembled
Attitude (a-tee-TEWD)—a way of holding the body
Balancé (ba-lahn-SAY)—rocking step
Balançoire (bal-lahn-SWAHR)—like a seesaw
Ballerina (bahl-lay-REE-nah)—female dancer
Ballonné (ba-law-NAY)—ball-like
Ballotté (ba-law-TAY)—tossed
Battement (bat-MAHN)—beating
Battu (ba-TEW)—beaten
Brisé (bree-ZAY)—broken
Cabriole (da-bree-AWL)—caper
Cavalier—male partner to a ballerina

Chaînes (sheh-NAY)—chains
Changement de pieds (shahnzh-MAHN dug pyay)—change of feet
Chassé (sha-SAY)—chased
Choreography—dance composition
Cloche (klawsh)—like a bell
Contretemps (kawn-truh-THAN)—beating against time
Corps de ballet (kawr duh ba-LAY)—body of the ballet
Coupé (koo-PAY)—cut
Couru (koo-REW)—running
Croisé (krwah-ZAY)—crossed
Danseur (dahn-SUHR)—male dancer
De suite (duh sweet)—continuously
Dégagé (day-ga-ZAY)—disengaged
Demi (duh-MEE)—half
Derrière (deh-RYEHR)—behind
Dessous (duh-SOO)—under
Dessus (duh-SEW)—over
Détourné (day-toor-NAY)—turned aside
Devant (deh-VAHN)—in front
Développé (dayv-law-PAY)—developed
Écarté (ay-kar-TAY)—thrown wide apart
Échappé (ay-sha-PAY)—escaping
Effacé (eh-fa-SAY)—shaded
Élancé (ay-lahn-SAY)—darting
Emboité (ahn-bwah-TAY)—boxed
En croix (ahn krawh)—in the shape of a cross
En dedans (ahn day-DAHNN)—inward
En dehors (ahn day-AWR)—outward
En haut (ahn-oh)—high
En l'air (ahn lehr)—in the air
En manège (ahn ma-NEAH)—in a circle
Entrechat (ahn-truh-SHAH)—interweaving
 “trios—3 crossings, “ quatre—4 crossings, “ cinq—5 crossings
Épaulé (ay-pol-LAY)—shouldered
Failli (fah-YEE)—giving way
Fermé (fehr-MAY)—closed
Fondu (fohn-DEW)—sinking down
Fouetté (fweh-TAY)—whipped
Frappé (fra-PAY)—struck
Grande (grahnd)—large
Jeté (zheh-TAY)—throwing
Ouvert (oo-VEHR)—open
Pas (pah)—step
Pas de basque (pah duh bask)—step of the basque

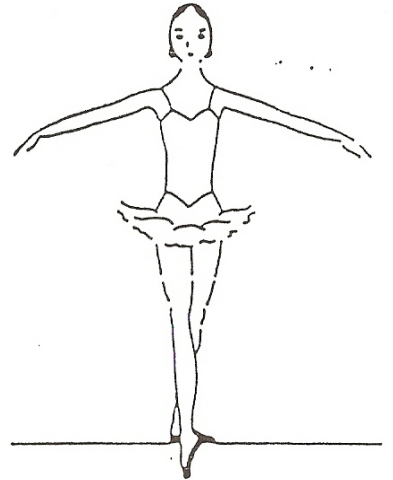
Pas de bourrée (pah duh boo-RAY)—step of the stuffed
Pas de chat (pah duh shah)—step of the cat
Pas de cheval (pas duh shuh-VAL)—step of the horse
Pas de poisson (pah duh pwah-SAWN)—step of the fish
Passé (pah-SAY)—passed
Pierre Beauchamp—1639-1705, Established the first academy of dancing in Paris,
1671, gave the names of the 5 positions of the feet.
Piqué (pee-KAY)—pricked
Pirouette (peer-WET)—whirl
Port de bras (pawr duh brah)—carriage of the arms
Port de corps (pawr duh kawr)—carriage of the body
Relevé (ruhl-VAY)—to rise
Renversé (rahn-vehr-SAY)—reversed
Retiré (rah-tee-RAY)—withdrawn
Révérence (ray-vay-RAHNSS)—curtsey or bow
Rond de jambe (rawn duh zhahnb)—round of the leg
Saut de basque (soh duh bask)—basque jump
Serré (seh-RAY)—tight
Sissonne (see-SAWN)—named for its inventor
Soubresaut (soo-brah-SOH)—sudden spring or bound
Soutenu (soot-NEW)—sustained
Sur le cou-de-pied (sewr leh koo-duh-PYAY)—on the neck of the foot
Sur les pointes (sewr lay pwent)—on the pointe
Taqueté (tak-TAY)—pegged
Temps de cuisse (tahn duh kweess)—thigh movement
Temps levé (tahn luh-VAY)—time raised
Temps lié (tahn lyay)—connected movement
Tendu (tahn-DEW)—stretched
Tombé (tawn-BAY)—falling



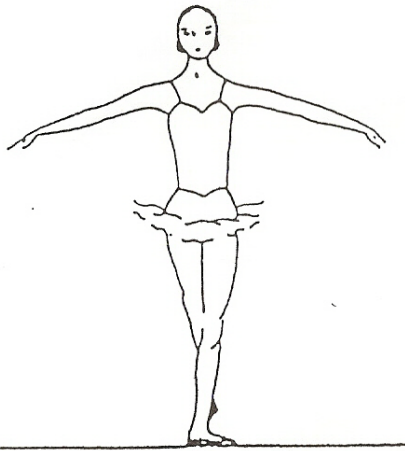
Croisé devant.
Crossed in front



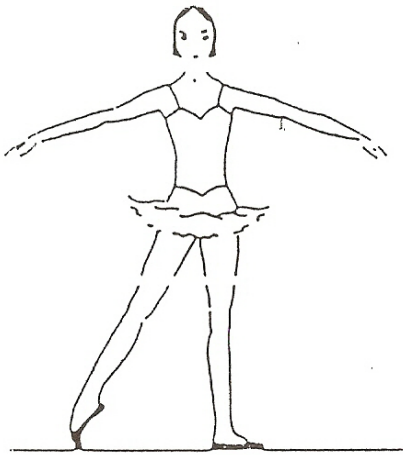
Croisé derrière.
Crossed in back



À la quatrième devant.
To the 4th in front



À la quatrième derrière.
To the 4th in back



À la seconde.
To the second



Écarté.
Thrown Wide Open



Effacé.
Shaded



Épaulé.
Shouldered