



Grade Three Ballet Summery

Technique

Five Positions of the Feet by Degage
Plies & Rises in 1st 2nd 3rd & 5th
Grand Battement en criox
Preparatory exercise for Rond de jambe a terre
Coupe over & coupe under
Assemble soutenu en deors & en dedans
Echappe releve en criox

Arms

Set Ports de Bras
Teachers Ports de bras

Adage

Pose Coupe en avant
First Arabesque a terre
Attitude a terre to a croise direction
Demi Detourne
Chasse a la second, en arriere, and passé en arriere (to be taken in four counts to any direction – no music)

Steps

Assemble under, devant & derriere
Petit assemble devant & derriere
Petit sissone devant & derriere
Pas de bouree under, with either foot
Sissone Ouverte en avant
Petit jete devant
Pas de basque glisse en avant, en face
Pas de chat

Mime

Without music – group mime

Dance

Ballet solo

Curtsey Or Bow

THE FRENCH TERMS ARE AS USED IN A BALLET CLASS AND ARE NOT INTENDED TO BE A TECHNICAL TRANSLATION.

GRADE THREE GLOSSARY

Degage position.	disengage/to release the foot from a closed to an open
Demi	half
Plie	bend
Battement	beat
Tendu	stretch
En Croix	in the shape of a cross
Grand	large
Retire	draw up
Adage	slow movements
Coupe	cut/to cut the weight of the body from one foot to the other.
Chasse	slide
Glissade	glide
Petit	small
Jete	throw
Saute	spring
Echappe	escape
Pose	step/place
Temps leve	hop
Devant	front
Derriere	back
En avant	travelling forwards
En Arriere	travelling backwards
Ronde de jambe	circle of the leg
A terre	on the ground
Assemble	assemble/join together
Soutenu	sustain/hold
Fondu	melt/a bend on the supporting leg
En dehors	outwards
En dedans	inwards
Releve	rise/a snatching of the feet
Port de bras	carriage of the arms
Croise	crossed
Ouverte	open
Passe	pass
Enchainment	chain of steps/linking together of two or more steps
Changement	change
Soubresaut	simple jump without change of feet
Arabesque	represents the shape of a bow/a position on one leg, the other in 4th opposite 1st a terre or en lair.
De cote	facing the side
Demi-detourne	half a turn towards the back foot.
Pas de chat	step of a cat
Pas de bourree ,5th.	small running steps/consisting of three movements 5th, 2nd
Pas de basque	a step from the Basque region representing the swirl of a skirt.
Sissone	a scissor movement from two feet onto one foot