

# Ballet Terminology

**Heads** – raised, lowered, turned, inclined, erect

**Positions of the Arms** – bras bas, 1<sup>st</sup>, 2<sup>nd</sup>, demi 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 4<sup>th</sup> crossed, 5<sup>th</sup>

**Arabesques** – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

**Positions of the Feet** – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, parallel 1<sup>st</sup>

**Positions of the Body** – devant, derriere, a la 2<sup>nde</sup>, croisé, ouvert, écarté

**7 Movements of Dance** – plier, etendre, relever, saute, glisser, tourner, elancer

**Adage** – slow movement

**Assemblé** – to assemble

**A terre** – on the ground

**Allongé** – extended

**Balancé** – rocking step

**Ballonné** – ball like/bouncing step

**Ballotté** – tossed

**Battement** – beat or movement

**Battement relevé lent** – slow lifted movement

**Battu** – beated movement

**Cabriole** – caper

**Chaines** – chains/links

**Changement** – to change

**Chassé** – to chase

**Coupé** – to cut

**Cou de pied** – nape of the foot

**Croisé** – crossed

**Demi** – half

**Demi-detourné** – half turn

**Derriere** – back

**Detourné** – turned aside

**Devant** – front

**Developpé** – to unfold

**Ecarté** – separated/thrown wide apart

**Echappé** – to escape

**En Avant** – forward

**En Arriere** – backward

**En croix** – in the shape of a cross

**En dedans** – inwards to supporting leg

**En dehors** – outwards from supporting leg

**En face** – facing front

**En l'air** – in the air

**Entrechat** – interweaving/braiding

**Emboité** – fitted together

**Faille** – giving way

**Fondu** – to melt

**Foutté** – to whip

**Frappé** – to strike

**Glissade** – to glide

**Glissé** – to glide

**Grand** – big

**Jeté** – to throw

**Ouvert** – open

**Pas de basque** – basque step

**Pas de bourrée** – bourrée step

**Pas de chat** – step of the cat

**Pas de cheval** – Horse step

**Passé** – passed

**Penché** – leaning/inclining

**Petit** - small

**Piqué** – pricked

**Pirouette** – whirl/spin

**Plié** – to bend

**Port de bras** – carriage of the arms

**Promenade** – walk

**Relevés** – to pull up

**Retiré** – to withdraw

**Rond de jambe** – Round of the leg

**Sauté** – to jump

**Sissonne** – named from the originator

**Soubresaut** – sudden spring

**Tendue** – to point

**Temps de cuisse** – thigh movement

**Temps levé** – time lifted

**Temps lié** – time linked

**Tombé** – to fall

**Tour** – turn