

Ballet

■ Vocabulary:

Arm positions: *En haut*, *En avant*, *A la seconde*, *En bas*

Battement

Changement

Chasse

Degage

Demi (plie)

Echappe

En croix

Fondu

Foot/ leg positions, 1st, 2nd, 3rd, 4th

Grande (plie)

Pas de bourree

Passe

Plie

Releve

Rond de jambe

Saute

Tendu

Tombe



■ Concepts:

Standing leg/
[supporting leg]

Working leg

Introduction of ballet
barre (as warm-up):

- *plie/ grand plie*
- *tendu*
- *degage*
- *rond de jambe*
(a terre, en l'air)
- *fondu*
- *developpe*
- *grand battement*

