

Glossary of Terms

à la seconde To second position.

à terre On the ground.

adage The part of the class where slow, flowing, controlled movements are combined to develop grace, beauty and balance.

allegro The part of the class where small, big and travelling steps are demonstrated in varying speeds and rhythms.

arabesque A position in which the dancer balances on one leg with the other extended behind.

arrière (en) Backwards.

assemblé Assembled, or brought together.

avant (en) Forwards.

balancé *Balancer* means to swing or to rock.

barre A bar that you hold on to while doing the first part of your class (from Grade One onwards) to help you to develop strength and skill while being supported.

battement Literally translated, it means a beating movement.

battement frappé *Frappé* means 'struck' – the ball of the foot strikes the surface of the floor as the leg extends to an open position.

battement glissé *Glissé* means 'sliding' or 'gliding'. The foot slides out with enough energy to bring the toes just off the floor.

battement tendu *Tendu* means 'stretched'. The leg and foot are stretched away from the body – the toes remaining on the ground.

bouffée An eighteenth-century dance.

bras bas Arms down. This is a position of the arms from which all other positions commence. It is also a resting position for the arms.

changements Springs in which you change your feet in the air.

changer To change.

chasser To chase or hunt.

chassé Chased or hunted.

côté To the side or sideways.

cou-de-pied Neck of the foot, or ankle joint.

croisé (en) A direction of the body in which

one side of the body is turned slightly away from the front, with the leg nearest the audience crossed in front of the other one.

coupé Cut, ie to cut the weight from one foot to the other, with or without a spring.

couper To cut.

danseur noble A dancer of fine appearance.

de côté To the side or moving sideways.

dedans (en) Inwards.

dégagé Means to 'free, separate, disengage'. The term given to the movement of the leg and foot when it is separated or disengaged from a closed to an open position *à terre*.

dehors (en) Outwards.

demi-bras Half-arms. A position of the arms, found halfway between the first and second positions, with the palms turned slightly upwards.

demi-pliés Half-bend.

demi-pointe Half-point, ie to stand on the ball of the foot.

demi-seconde Half-second. A position of the arms found halfway between second position and *bras bas*.

derrière Behind.

devant In-front.

développé To open out, unfold, develop.

écarté (en) Separated, or thrown apart. One leg is stretched to second position with the body turned slightly away from the audience and head turned over the front shoulder.

échapper To escape.

échappé sauté A spring in which the feet escape from each other at the highest point and land in an open position.

en arrière Backwards.

en avant Forwards.

en croisé Crossed. One side of the body is turned away from the front with the leg nearest the audience crossed in front of the other one.

en croix In the shape of a cross.

en dedans Inwards.