

# BALLET

## WHAT YOU SHOULD EXPECT FROM YOUR CHILD'S DANCE CLASS:

- Parents are not permitted in the dance rooms. Once we allow parents in the dance rooms it sets the expectation to young dancers that parents will be in there all the time. Please say a firm good bye to your dancer at the door.
- Dancers should use the restroom before the start of class.
- Dancers must follow the "Dancers Manners"
  - Eyes on the teacher
  - Be a first time listener
  - Keep your hands to yourself
  - Wait your turn
- Dancers are expected to be in appropriate ballet dress code and with their hair properly secured.
- Ballet class follows the same classroom structure each week. The exercises will change as the dancers progress throughout the year.
- Students develop at different rates. Abilities will vary within a class.
- Please let us know if your child is having a rough day, in turn we will let you know if your child was having a rough day in class. We want to keep the lines of communication open.

## WHAT SKILLS YOUR CHILD WILL LEARN IN BALLET:

Please see the Dance Terms and Definitions for a complete list of ballet terms that are being taught.

# DANCE TERMS AND DEFINITIONS

**Adagio** (ah DAHZHO): A series of exercises in slow, controlled movements to develop balance

**Allegro** (a LAY groh): A sequence of steps done to a quick tempo

**Allongé** (a lawn ZHAY): Extended, outstretched

**Arabesque** (ah ra besk): A position of the body supported on one leg with the other leg extended behind

**Assemblé** (ah sahm BLAY): Assembled, joined together

**Ballerina** (bahl leh reenah): Principal female dancer

**Barre** (bar): A horizontal bar which a dancer holds for support

**Battement** (bat MAHN): Beating

**Battement Piqué** (bat MAHN pee KAY): To prick

**Bourrée** (boo RAY): Quick steps in relevé

**Bras** (brah): Arms

**Cambré** (Kahm-BRAY): Arched; Bending of the body from the waist to the side or back.

**Chaîné** (sheh-NAY): Chain or link

**Chassé** (sha-SAY): Chased

**Corps de Ballet** (core duh ba-LAY): The dancers in a ballet who do not appear as soloists

**Cou-de-pied** (koo duh PYAY): Neck of the foot; ankle

**Coupé** (koo PAY): Cut

**Danseur** (dahn-SUHR): Male dancer

**Danseuse** (dahn-SUHZ): Female dancer

**Dégagé** (day-ga-ZHAY): Disengaged

**Demi** (duh mee): Half

**Demi-Plié** (deh-me plee-yay): A bending of the knees

**Derrière** (deh-RYEHR): Behind, back

**Devant** (duh VAHN): In front

**Développé** (day-vel-o-PAY): Developing movement

**Échappé** (ay-sha-PAY): Escape

**Élevé** (el uh VAY): To rise

**En Bas** (ahn bah): Low

**En Croix** (ahn krawah): In the shape of a cross

**En l’Air** (ahn lehr): In the air

**Fondu** (fawn DEW): To melt

**General Space**: The space we travel through

**Grand Jeté** (grahn zhuh-TAY): Large jeté or thrown

**Hop**: A jump on one foot, landing on the same foot

**Jump**: Jumping on both feet, landing on both feet

**Leap**: A jump beginning on one foot and landing on the other foot

**Pas de Bourrée** (pah duh boo RAY): Step of bourrée

**Pas de Chat** (pah duh shah): Step of the cat

**Passé** (pa SAY): Passed; a movement in which the foot of the working leg passes the knee of the supporting leg

**Petite** (puh TEET): Little, small

**Piqué** (pee KAY): A step onto pointe or demi-pointe

**Pirouette** (peer WET): Whirl or spin

**Plié** (plee AY): A bending of the knees

**Port de Bras** (pour duh brah): Carriage of the arms

**Positions of the Head:** Erect, Inclined, Turned, Raised, and Lowered

**Relevé** (ruhl VAY): Relifted; raising of the body to demi-pointe or pointe

**Retiré** (ruh-tee RAY): Withdrawn

**Révérence** (ray-vay-rahns): Curtsey or bow

**Rond de Jambe** (rawn duh zhahnb): Circular movement of the leg

**Sauté** (soh TAY): Jumped

**Seconde, à la** (ah lah suh GAWND) : To the second

**Self Space:** The space your body takes up

**Temps Lié** (than lyay): Connected

**Tendu** (than-DEW): Stretched

**Terre, à** (a tehr): On the ground

**Tombé** (tawn BAY): Fallen