

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

Bouffée (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

Révèrence (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