

BALLET GLOSSARY

required for

N.A.T.D. Graded Ballet Examinations

GRADE ONE THEORY

FRENCH	ENGLISH	DESCRIPTION
Adage [add-aage]	Slow, continuous, graceful	Movement(s) performed slowly and gracefully
Battement [bat-mon]	Beating action	Beating action of the working leg
Battement tendu [bat-mon ton-dew]	Beating action, outstretched	A stretched beating action of the working leg
Battement tendu en croix [bat-mon ton-dew on kr-wa]	Beating action, outstretched in the shape of a cross	Begin in 1st, 3rd or 5th position, slide front foot out along the floor through the sole, the ball, then the tip of the foot as the ankle and toes extend fully to 4th position, close the leg reversing the sliding action to end in 1st, 3rd or 5th position. Repeat to 2nd position and 4th derrière. Keep both legs pulled up tight.
Bras bas [bra bah]	Arms low	Arm position in which both arms curve to form an oval in front of the body, so that the hands do not join and the little fingers are level with the thighs without touching them.
Chassé [sha-say]	Chased	A step in which one foot slides and the other is pulled in towards it.
Chassé en avant [sha-say on a-von]	Chased, forward	As for chassé above. Begin in 3rd or 5th position, demi-plié, slide the front foot forward along the floor to 4th position en demi-plié, with the weight of the body equally distributed over both feet. To end step straighten both legs and close the back foot in to 3rd or 5th position.
Cou de pied [koo de pea-ay]	Neck of the foot	Place just above the ankle bone.
Coupé [koo-pay]	Cut	An action where weight is cut from one leg to the other with the working foot cutting in to replace supporting foot
Dégagé [day-gaa-ghay]	Disengaged, freed	An action where working leg is fully extended away from body with tip of toe on the floor
Demi [dem-ee]	Half	

GRADE ONE THEORY Continued

FRENCH	ENGLISH	DESCRIPTION
Demi bras [dem-ee bah]	Half-arm position	Arm position where both arms are held in front of the body, wider and lower than 1st position, with the palms slightly upward and the fingers extended level with the hips.
Demi pli� [dem-ee plea-ay]	Half-bending action	A bending of the knees over the toes with legs turned out and heels on the floor.
Demi pointe [dem-ee point]	Half-tiptoe	Ball of foot on floor
Derri�re [der-re-air]	At the back	Position where working foot/leg is behind other foot or body.
Devant [de-von]	In front	Position where working foot/leg is in front of the other foot or body
�chapp� [eh-shap-pay]	Escaped	
�chapp� saut� [eh-shap-pay sow-tay]	Escaped jumps	A jump from a closed position to an open position and returning to a closed position
En avant [on-avon]	Forward	Denotes a movement travelling forward
En arri�re [on ar-re-air]	Backward	Denotes a movement travelling backward
En croix [on kr-wa]	In the shape of a cross	Term used to describe a sequence repeated devant, 2nd, derri�re and 2nd (positions can also be reversed).
Fondu [fon-dew]	Melted	A position where the supporting leg is bent with whole foot on the floor
Glissade [glee-saade]	Gliding step	A linking step commenced in 3rd or 5th position in a demi pli�; extend foot d�gag� en fondu, transfer weight on to that foot en fondu at the same time extending the other foot and straightening that leg, then close it to 3rd/5th en demi-pli� (point, point and close!)

GRADE ONE THEORY Continued

FRENCH	ENGLISH	DESCRIPTION
Glissade devant [glee-saade de-von]	Gliding step, front	Glissade as above commencing with the front foot, no change of feet i.e. close behind.
Grand [grond]	Big or large	
Grand battement [grond bat-mon]	Big beating action	The working leg is thrown outwards, sliding the foot along the floor then lifting it to 90° in the air then return it to the floor and close as in a battement tendu.
Grand plié (full plié) [grond plea-ay]	Big bending action	A bend of the knees over the toes with legs turned out and heels coming off the floor except in 2nd and 4th in front of 1st positions (a full plié passes through the demi plié position on the way down and on the way back up)
Jeté [jeh-tay]	Thrown	A jump taking off from one leg and landing on the other
Levé [lev-ay]	Lifted	
Petit [p-tea]	Little	
Petit jeté derrière] [p-tea je-tay de-re-air]	Little, thrown, at the back	Spring from one foot to the other with the free foot stretched at cou de pied at the back with knees turned out.
Plié [plea-ay]	Bend	A bend of both knees over the toes
Posé [po-say]	Placed step	A step or transference of weight on to the whole foot/demi pointe
Posé temps levé [po-say ton lev-ay]	Placed step, time, lifted	Step and hop (see description of temps levé)
Retiré [re-tear-ay]	Withdrawn, removed	An action where the working foot is drawn up the supporting leg to calf height

GRADE ONE THEORY Continued

FRENCH	ENGLISH	DESCRIPTION
Retiré sauté [re-tear-ay sow-tay]	Withdrawn, jumped	A withdrawn jumping action from two feet, to one foot, to two feet
Retiré sauté en arrière	Withdrawn, jumped back	As above with front foot moving to retiré position at the same time as hopping on supporting foot. Close working foot at back.
	Rises	An ankle action in which the legs are straight and the heels are released gradually from the floor until the ankle is fully extended. May be performed in any of the five positions of the feet or on one leg with the other extended en l'air.
Sauté [sow-tay]	Jumped	A jump from two feet landing on two feet
Temps [ton]	Time	
Temps levé [ton lev-ay]	Time, lifted	Jump from one foot to the same foot with the working leg held en l'air (Hop)
Tendu [ton-dew]	Stretched	Out-stretched position or action

GRADE ONE THEORY - KEY WORDS

Adage	Slow movements
Battement	Beating action
Chassé	Slide - a sliding action of one foot chasing the other
Coupé	Cut - to cut the weight of the body from one foot to the other
Dégagé	Disengage - To release the foot from a closed position to an open position
Demi	Half
Derrière	Back
Devant	Front
Echappé	Escape
En croix	In the shape of a cross
En avant	Travelling forwards
En arrière	Travelling backwards
Glissade	Glide
Grand	Large
Jeté	Throw
Petit	Small
Plié	Bend
Pose	Step or place
Retiré	Draw up
Sauté	Spring
Temps levé	A hop
Tendu	Stretch