**CLASSICAL BALLET STANCE**

1. The upright stance, with the spine well extended, the weight of the body evenly distributed over both feet.
2. The muscles above and behind the knees puller up
3. The hips held directly over the knee.
4. The muscles at the back of the spine pressed down and in
5. The chest lifted to preserve the natural distance between the lower ribs and the pelvis.

All previous grades to be known as in below.

**PRE-BALLET**

DEMI – half

PARALLEL – The feet are in a straight position

NATURAL TURN OUT – A relaxed 1st position of the feet

BENDS – To bend the knees only

POINTING – An extension of the foot

BALANCE – To lift the foot off the floor and sustain

WALKS – To walk with stretched feet

CIRCLE – A round shape

STEP – To transfer the weight from one foot to the other

HOP – To hop into the air with a stretched foot alighting on the same foot

RHYTHM LADDER – To clap & walk in time up and down the scale of music

CLASSICAL SOLO – A dance showing classical technique and movement

DEMI CHARACTER – A dance combining classical technique and mime to tell a story

**PRIMARY BALLET**

BARRE – Horizontal rod used by dancers to steady themselves during a series of basic exercises.

RISE – To pull up onto demi pointe using instep pressure

DEMI PLIE (PLE-AY) – Half bending and stretching of both legs

FOOT FLEX – Upward turn of the foot

DEGAGE (DEH-GAR-JHAY) – To stretch to an open position

PORT DE BRAS (POR-DER-BRAH) – Carriage of the head and arms

WALKING RUNNING & SKIPPING – Done to gain a sense of time and rhythm

**GRADE ONE BALLET**

TRANSFERENCE OF WEIGHT – Change of weight from a closed to an open position

BATTEMENT (BAT-MON) – To beat

TENDU (TON-DOO) – To stretch

BATTEMENT TENDU – The beginning and ending of a Grand Battement

GRANDE (GROND) – Large

GRANDE BATTEMENT – Large beating, an upward swishing movement

SPRING POINTS – Changing of the feet through 1st position en lair commencing and finishing with a fondu and point tendu

POSE TEMPS LEVE (POH-ZAY TONG LEV-AH) – To step onto the working foot and hop into the air

GALLOPS – Commenced with a temps leve, pose & spring into the air bringing legs and feet together

A LA SECONDE (AH –LAH-SEC-OND) – To the side

POLKA – A chain step – temps leve, pose, coupe, jete

SAUTE (SOH-TAY) – To jump

POSE – Posed. To step from one leg to the other

FONDU (FON-DEW) – To melt

FREE CLASSICAL WALK AND RUN- Soft melting walks & quick running steps travelling en diagonal.

**GRADE TWO BALLET**

EN CROIX – In shape of a cross

PETTIT RETIRE – A small drawing up of the foot on the supporting leg

ALIGNMENT – En face – Full face, hips facing downstage

Ouverte – Open body alignment

Croise – Crossed body alignment

DERRIERE – Behind, Back, Rear

DEVANT – In front

BRAS BAS – Arms down

COUPE – Cutting of the weight of the body from one foot to the other

EN AVANT – Travelling forward

GLISSADE – To glide from one closed position to another

PETIT JETE – Small springing movement from foot to foot

JETE ORDINAIRE – A swish and a spring done simultaneously

Devant – The foot come to under the knee across the supporting leg

Derrierre – Behind the knee across the supporting leg

PETIT ASSEMBLE – Small assembling of the feet

CHANGEMENT – Changing of the feet in the air

ENCHAINMENT – Sequence of dance steps

**BOYS SYLLABUS**

DEMI POINTE – To step onto the half foot

**GRADE THREE BALLET**

RHYTHM WARM UP – Movements to warm the body and legs up in preparation for

barre work.

GRAND PLIE – Large bending and stretching of both knees

BATTEMENT GLISSE – A beat that is glided

SOUTENU – To hold or sustain

ASSEMBLE SOUTENU – A circular movement traced by the toe of the working foot, held

or sustained in 2nd position

EN DEDANS – An inward movement

EN DEHORS – An outward movement

PLACEMENT OF NECK,

SHOULDERS AND UPPER BODY – A series of controlled movements to work the upper

body to gain greater breadth and increase feeling for

classical work

A TÉRRE – On the ground

ALLONGEE – To lengthen or extended

ATTITUDE – A position in dancing where the dancer stands on one straight leg the other

bent devant or derriere when en lair, straight when en lair

ATTITUDE ORDINAIRE – The same arm as the working leg in 4th position

ATTITUDE IN OPPOSITION – The same arm as the supporting leg in 4th position.

COURU – To run

EN TOURNANT – Term used to refer to an action performed whilst turning

ARABESQUE – A position in dancing where the dancer stands on one straight leg the

Other leg extended to 4th derriere or devant a térre or en lair

ARABESQUE 1ST – The arm on the supporting side is raised in front of the shoulder and the arm on the working side extended towards 2nd position

ECHAPPE – Escaping of the feet from a closed position to an open position

ECHAPPE SAUTE TO 2ND – A spring in which the feet escape from each other at the highest point and land in an open 2nd position

FERMÉE – To finish closed at the end of a step

DE COTE – A term which refers to a step or series of steps which travel sideways either

right or left, in relation to the dancers body line

DESSOUS (DUH-SOO) – Under

DESSUS (Duh-sew) – Over

PAS DE CHAT – The springing step of the cat, which one foot jumps over the other

SOUBRESAUT – Spring masking the feet in the air

TOMBE – A falling step

FREE MOVEMENT – To show fluidity of the dancers style & movement

**BOYS SYLLABUS**

PAS DE BOUREE EN TOURNANT – A linking step whilst turning

**GRADE FOUR BALLET**

DEMI DETOURNE – A half turn towards the back door

RONDS DE JAMBE A TÉRRE – Rounding of the leg through all open position passing through 1st- like the letter ‘d’ traced by the toe of the working foot on the ground

BATTEMENT FRAPPE – To beat and strike the foot in an open position

SUR LE COU-DE-PIED – On the neck of the foot

DEVELOPPE – An unfolding of the leg in the air

RETIRE – Drawing up of one foot on the supporting leg

PASSE - Passed

RELEVE – To rise, o snatch the feet to demi or pointe

PIROUETTE – Complete whip or turn of the body on one straight leg

TEMPS LIE – Transmitting the weight of the body from one position to another with a smooth movement

DEMI POINTE – On the half toe

EPAULMENT – The use of the shoulders

CHASSE – Is a glide into an open position finished in a demi plie

CHASSE PASSE – A passing chasse

EN LÁIR – In the air

EN ARRIERE – Travelling backwards

ARABESQUE EPUALEE – 1st arabesque in which the spine is rotated to lengthen the arm line, completing the arm line

ARABESQUE 2ND – Arabesque in which the arm on the supporting side is extended to the side slightly lower than the shoulder & the arm of the working leg is extended in front of & fractionally above the shoulder

ARABESQUE 3RD – One arm is placed in 1st arabesque and the other in 2nd arabesque, both in front and slightly lower than the shoulder

ASSEMBLE – To assemble the feet in the air

SISSONE SIMPLE – A scissor like movement from 2 feet and landing on 1 foot

PAS DE BOUREE – A linking step consisting of three transferences of weight

Devant – front, side, front

Derriere – back, side, back

PAS DE BASQUE – An allegro step consisting of three transferences of weight

**BOYS SYLLABUS**

POSE TEMPS LEVE ARABESQUE – A step & hop in arabesque