

# *Ballet Terminology*

## *Packet 3*



# Ballet Terminology Handout #3: Lower Body

## **Assemblé**

/a-sahn-BLAY/

*Assembled* or joined together. The working foot slides along the ground and is swept into the air. The dancer pushes off the floor with the supporting leg, extending the toes. Both legs come to the ground simultaneously in fifth position.

## **Balancé**

/ba-lahn-SAY/

*Rocking* step. An alternation of balance, shifting the weight from one foot to the other. Can be done de côté, en avant, or en arrière.

## **Battement**

/bat-MAHN/

*Beating*. A beating action of the extended or bent leg. The two types of battements are petit battements and grands battements.

## **Petit battement**

/puh-TEE bat-MAHN/

Small battement. Any small beating action of the foot or leg.

## **Grand battement**

/grahn bat-MAHN/

Large battement. An exercise in which the working leg is raised from the hip into the air and brought down again, both knees straight. This must be done with apparent ease, the rest of the body remaining quiet. *The function of grands battements is to loosen the hip joints and turn out the legs from the hips.* Can be done devant, derrière and à la seconde.

## **Battement frappé**

/bat-MAHN fra-PAY/

*Struck* battement. The dancer forcefully extends the working leg from a cou-de-pied position to the front, side, or back. This exercise strengthens the toes and insteps and develops the power of elevation. *It is the basis of the allegro step, the jeté.*

## **Battement tendu**

/bat-MAHN tahn-DEW/

Battement *stretched*. The commencing and ending portion of a grand battement. The working foot slides from the first or fifth position to the second or fourth position without lifting the toe from the ground. Both knees must be kept straight. When the foot reaches the pointed position, it then returns to the first or fifth position.

## **Chainés**

/sheh-NAY/

*Chains* or links. A series of rapid turns on the points or demi-pointes done in a straight line or in a circle.

## **Changement**

/shahnzh-MAHN/

*Change* of feet. Demi-plié and push from the floor, extending the toes and arching the feet in the air. On coming down, change the feet so that the other foot finishes in front. Land in fifth position, first toes, then heels, and finish in demi-plié.

## **Chassé**

/sha-SAY/

*Chased*. A step in which one foot literally chases the other foot out of its position; done in a series.

## **Cou-de-pied**

/koo-duh-PYAY/

*“Neck” of the foot*. The part of the foot between the ankle and the base of the calf.

## **Coupé**

/koo-PAY/

*Cut.* One foot cuts the other away and takes its place.

## **Dégagé**

/day-ga-ZHAY/

*Disengaged.* The pointing of the foot in an open position with a fully arched instep. Performed devant, à la seconde and derrière.

## **Demi-plié**

/duh-MEE-plee-AY/

Half-bend in the knees. *All steps of elevation begin and end with a demi-plié.*

## **Développé**

/dayv-law-PAY/

Developing movement. The working leg is drawn up to the knee of the supporting leg and slowly extended to a position en l'air and held there with perfect control. *The hips are kept level and square to the direction in which the dancer is facing.*

## **Échappé**

/ay-sha-PAY/

*Escaping.* A level opening of both feet from a closed to an open position. Échappé sauté is done with a spring from the fifth position and finishes in a demi-plié in the open position, and échappé sur les pointes is done with a relevé and has straight knees when in the open position. Done to the second or fourth position, with both feet traveling an equal distance from the original center of gravity.

## **Fondu**

/fawn-DEW/

*Sinking down.* A lowering of the body made by bending the knee of the supporting leg.

## **Fouetté**

/fweh-TAY/

*Whipped.* The sharp whipping around of the body from one direction to another.

## **Glissade**

/glee-SAD/

*Glide.* A traveling step executed by gliding the working foot from the fifth position in the required direction, the other foot closing to it. Glissade is a *linking step*.

## **Jeté**

/zhuh-TAY/

*Throwing.* A jump from one foot to the other in which the working leg is brushed into the air and appears to have been thrown.

## **Pas de chat**

/pah duh shah/

*Cat's step.* Pas de chat is done from fifth to fifth and travels toward the back foot.

## **Pas de cheval**

/pah duh shuh-VAL/

*Horse's step.* Resembles the movement of a horse pawing the ground.

## **Passé**

/pa-SAY/

*Passed.* The foot of the working leg passes the knee of the supporting leg from one position to another.

## **Tombé**

/tawn-BAY/

*Falling.* A movement falling forward or backward on one foot in a demi-plié, transferring the weight of the body.

**Piqué**

/pee-KAY/

Pricked. Stepping directly on the point or demi-pointe of the working foot in any desired direction or position with the other foot raised in the air.

**Pirouette**

/peer-WET/

Spin. A complete turn of the body on one foot, on pointe or demi-pointe.

**Plié**

/plee-AY/

Bending. A bending of the knee or knees.

**Relevé**

/ruhl-VAY/

Raised. A raising of the body on the points or demi-pointes.

**Rond de jambe**

/rawn duh zhahnb/

Circle of the leg. Done clockwise (en dehors) and counterclockwise (en dedans).

**Sauté**

/soh-TAY/

Jumping.

**Sous-sus**

/soo-SEW/

*Under-over.* Springing onto the points or demi-pointes, drawing the feet and legs tightly together.

# Ballet Terminology Quiz #3: Lower Body

1. Name one of the functions of **grand battement**.

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2. What is the basis of the allegro step, the **jeté**?

a) Battement tendu

b) Battement frappé

c) Chainés

3. All steps of elevation begin and end with a \_\_\_\_\_.

4. What type of step is a **glissade**?

a) Adagio

b) Balancing

c) Linking

5. What should be the relation of the hips while performing **développé**?

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