

A1 DANCE
À la barre
a lah bar
www.a1dance.co.uk

A1 DANCE
At the bar
www.a1dance.co.uk

A1 DANCE
Demi
duh-mee
www.a1dance.co.uk

A1 DANCE
Half
www.a1dance.co.uk

A1 DANCE
Plié
pleeyay
www.a1dance.co.uk

A1 DANCE
Bend
www.a1dance.co.uk

A1 DANCE
Pointe tendue
pwan tahn-dew
www.a1dance.co.uk

A1 DANCE
Point stretched
www.a1dance.co.uk

A1 DANCE
En arrière
ah na-ryehr
www.a1dance.co.uk

A1 DANCE
Backwards
www.a1dance.co.uk

A1 DANCE
Échappé
ay sha pay
www.a1dance.co.uk

A1 DANCE
Escape
(the feet 'escape' from a closed to an open position)
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A1 DANCE
Fermé
fehr-may
www.a1dance.co.uk

A1 DANCE
Close
www.a1dance.co.uk

A1 DANCE
Dégagé
day ga j__ay
www.a1dance.co.uk

A1 DANCE
Disengaged
(the foot brushes the floor & unfolds)
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A1 DANCE
Allégro
a lay groh
www.a1dance.co.uk

A1 DANCE
Brisk & lively
www.a1dance.co.uk

A1 DANCE
Pas marché
pah mar_shay
www.a1dance.co.uk

A1 DANCE
Walking step
(Classical ballet walk)
www.a1dance.co.uk

A1 DANCE
Pas courus
pah koorew
www.a1dance.co.uk

A1 DANCE
Running step
www.a1dance.co.uk

A1 DANCE
Sur les demi-pointe
sewr lay duh-mee pwan
www.a1dance.co.uk

A1 DANCE
On the half point
(high on the ball of the foot)
www.a1dance.co.uk

A1 DANCE
Demi-bras
duh-mee brah
www.a1dance.co.uk

A1 DANCE
Half arms
(half way between 1st & 2nd position)
www.a1dance.co.uk

A1 DANCE
Pas
pah
www.a1dance.co.uk

A1 DANCE
Step
www.a1dance.co.uk

A1 DANCE
Adage
adahj_____
www.a1dance.co.uk

A1 DANCE
From adagio - at ease.
Slow & graceful movements.
Also the opening section of a
classical pas de deux.
www.a1dance.co.uk