



**A1 DANCE**  
*En avant*  
ah na-vahn  
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**A1 DANCE**  
*Forwards*  
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**A1 DANCE**  
*En arrière*  
ah na-ryehr  
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**A1 DANCE**  
*Backwards*  
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**A1 DANCE**  
*À terre*  
a tehr  
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**A1 DANCE**  
*On the ground*  
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**A1 DANCE**  
*En l'air*  
ahn lehr  
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**A1 DANCE**  
*In the air*  
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**A1 DANCE**  
*Passé*  
pa-say  
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**A1 DANCE**  
*Pass*  
the raised foot passes the side of the supporting knee  
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Q. Describe how to execute a

## *Pointe Tendue*

*pwan tahn-dew*

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(point stretch)

A. Fully stretch and extend the working leg & foot with the toe to the ground.

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Q. Describe a

## *Rond de jambe à terre*

*rawn duh zhahn a tehr*

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A. A circling of the leg

(with the toe to the ground) which helps increase turn-out from the hip.

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Q. Describe the placing of the heel in *pointe tendu en avant* or *en arrière*?

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A. The heel should be in the centre opposite the supporting heel.

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Q. Which part of the foot leads when executing a *pointe tendue en avant*?

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**A. The heel**

keeping the inside of the heel well lifted and facing the audience.

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Q. Which part of the foot leads when executing a *pointe tendue en arrière*?

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**A. The little toe**

keeping the inside of the heel facing the ground.

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**A1 DANCE**  
*Piqué*  
pee-kay  
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**A1 DANCE**  
*Pricked*  
(or picked up)  
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**A1 DANCE**  
*Attitude*  
a-tee-tewd  
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*A pose on one leg derived from a statue of the god Mercury. There are many different versions of the Attitude pose.*

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**A1 DANCE**  
*Croisé*  
krwah-zay  
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**A1 DANCE**  
*Crossed*  
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**A1 DANCE**  
*Effacé*  
eh-fa-say  
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*Shaded or effaced*

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**A1 DANCE**  
*Ouvert*  
oo-vehr  
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**A1 DANCE**  
*Open*  
*Some methods use this instead of effacé*  
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**A1 DANCE**  
*Jeté*  
zyuh-tay  
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**A1 DANCE**  
*Throw*  
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**A1 DANCE**  
*Temps levé*  
tahn luh-vay  
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**A1 DANCE**  
*Hop*  
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**A1 DANCE**  
*Soubresaut*  
soo-bruh-soh  
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**A1 DANCE**  
*Sudden spring or bound*  
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**A1 DANCE**  
*Chassé*  
sha-say  
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**A1 DANCE**  
*Chased*  
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**A1 DANCE**  
*Enchaînement*  
ahn-shen-mahn  
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**A1 DANCE**  
*A chain of steps*  
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## Minuet

A dignified courtly dance in 3/4 time introduced during the reign of Louis XIV of France, a devoted dancer who performed many spectacular ballets at court.

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## Polka

A dance in 2/4 time originally from 1830s Bohemia. It later spread from Prague throughout Europe & over into America. It became the Czech National dance.

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## Demi-caractère

duh-mee kah-rak-tehr

Character role made up of classical ballet &/or ballet mime

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## Mime

The art of using the face & body to express emotion & dramatic action.

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## Classical Ballet Mime

There are set movements to express certain things some are obvious e.g. pointing to the third finger of the left hand means marriage. Some are more difficult to guess at e.g. rolling your hands around each other in 5<sup>th</sup> position means dance!

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