

A1DANCE
Devant
duh vahn
www.a1dance.co.uk

A1DANCE
In front
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A1DANCE
Derrière
deh ryehr
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A1DANCE
Behind
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A1DANCE
Grand
grahn
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A1DANCE
Large or full
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A1DANCE
Grand plié
grahn pleeyay
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A1DANCE
Full bend
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Q. Why is the 1st position of the arms (en premiere) sometimes known as 'the gateway'?

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A. Because all other arm positions may be approached by going through this position.

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Q. How much distance should be between the two hands when the arms are in bras bas, 1st or 5th position?

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A. About the width of the face.

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Relevé

ruh-le-vay

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Rise

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En croix

anh krwah

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In the shape of a cross

(generally an exercise performed to the front, the side, the back, the side)

Assemblé

a-sahn-blay

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Assemble or gather together

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Coupé

koo-pay

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Cut

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Grand battement (*tendu*)

grahn bat-mahn (tahn-dew)

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Large beaten (*stretch*)

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Changement (*de pied*)

shahnzj-mahn (duh-pyay)

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Change of the feet

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Petit

puh-tee

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Small

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Arabesque

ar-a-besk

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A pose on one leg
(there are many different arabesques)

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Pas de bourrée

pah duh boor-ray

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Made up of 3 'small steps' done in
different directions & patterns

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A1 DANCE
Glissade
glee-sad
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A1 DANCE
Glide
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A1 DANCE
Petit jeté
puh-tee zjetay
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A1 DANCE
Small throw
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A1 DANCE
Sur place
sewr plass
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A1 DANCE
On the spot
(on place)
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A1 DANCE
Dessous
duh-SOO
www.a1dance.co.uk

A1 DANCE
Under
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A1 DANCE
Dessus
duh-SUEW
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A1 DANCE
Over
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How many beats in a bar of 3/4 time?

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There are three beats in a bar of 3/4 music
e.g. a Waltz

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How many beats in a bar of 4/4 time?

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There are four beats in a bar of 4/4 music
e.g. a Gavotte

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How many beats in a bar of 2/4 time?

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There are two beats in a bar of 2/4 music
e.g. a Polka

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Good to know

Q. What is another name for the working leg?

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A. The gesture leg.

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Good to know

Q. What is another name for the supporting leg?

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A. The standing leg.

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