

GRADE 3 CLASSICAL BALLET

THEORY SHEET

Students are required to have a knowledge of the following terms and positions.
They may be asked for the French to English translation only and do not have to be able to say the French words.

BARRE WORK

PLIE	TO BEND
BATTEMENTS TENDU	TO STRECH
EN CROIX	IN THE SHAPE OF A CROSS
DEVANT	IN FRONT
DERRIERE	BEHIND
RONDE DE JAMBE	ROUND OF THE LEG
EN DEHOR	OUTWARDS (going to the back first)
EN DEDANS	INWARDS (going to the front first)
SOUTENU	TO SUSTAIN / TO KEEP GOING
RELEVÉ	TO SNATCH
BATTEMENTS FRAPPE	TO STRIKE / TO HIT
DEVELOPPE	TO UNFOLD AND HOLD
ECHAPPE	TO ESCAPE

CENTRE EXERCISES - ADAGE

PORTS DE BRAS	CARRIAGE OF THE ARMS
DEGAGE	TO DISENGAGE (pointing the foot to a given position)
CROISE	CROSSED
OUVERT	OPEN
EN FACE	FACING FRONT
CHASSE	TO CHASE / SLIDE
EN AVANT	GOING FORWARDS
EN ARRIERE	GOING BACKWARDS
PASSE	PASSING
1ST ARABESQUE	SAME ARM FORWARD AS THE LEG YOU ARE STANDING ON
ATTITUDE ORDINAIRE	SAME ARM UP AS THE LIFTED LEG
A TERRE	ON THE FLOOR
EN L'AIR	IN THE AIR

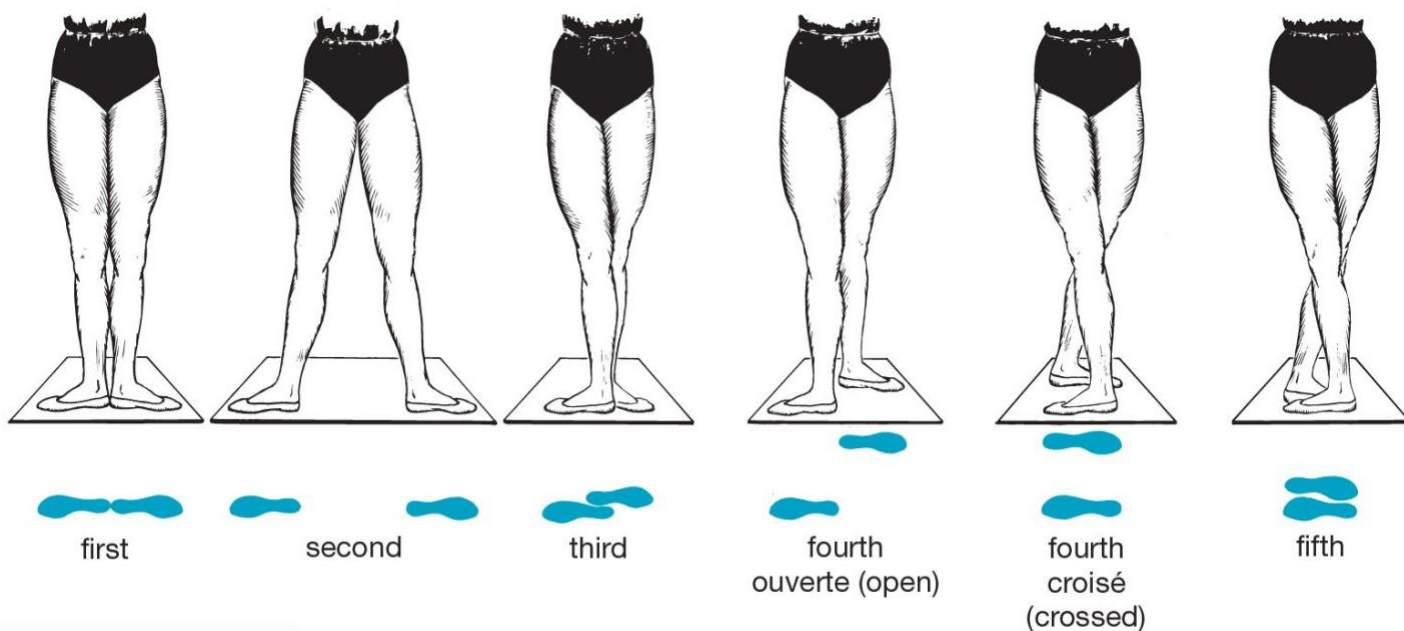
CENTRE EXERCISED - ALLEGRO

JETE	TO THROW
PETIT	LITTLE /SMALL
ORDINAIRE	BASIC / NORMAL / ORDINARY
GLISSADE	TO GLIDE
ASSEMBLE	TO ASSEMBLE
COUPE	TO CUT
SISSONE	LIKE SCISSORS
PAS DE BOUREE	RUNNING STEP
PAS DE CHAT	STEP OF THE CAT
ECHAPPE	TO ESCAPE
SAUTE	TO JUMP (in any position)
SOUBRESAUT	A JUMP IN 3 rd POSITION
CHANGEMENT	CHANGING
BALANCE	ROCKING STEP
REVERENCE	CURTSEY

GENERAL NOTES AND REQUIREMENTS

POSITIONS OF THE FEET

1st, 2nd, 3rd, 4th open (or large 4th or 4th ouverte), 4th crossed (or small 4th or 4th croisé) and 5th



DIRECTIONS

Croisé - facing the corner with the foot nearest the front of the room in the front

Ouverte - facing the corner with the foot nearest the back of the room in the front

En Face - facing the front

De Cote - facing the side

VOCABULARY OF STEPS

ADAGE

Chasses - en avant, en arriere, de cote (to 2nd), passe en avant, passe en arriere

1st arabesque (same arm forward as leg you are standing on)

Attitude ordinaire (same arm up as leg you will lift)

ALLEGRO

All basic steps from Primary, Grade 1 & 2 ie. Polka, spring points, petit jetes, pose temps leve, retires sautes.

Jetes Ordinaire - devant and derriere

Glissade - devant and derriere

Assembles - over, under, devant and derriere

Coupes - under and over

Sissonne Ouverte

Pas de Bourees - devant (front finished front) using either foot, derriere (back finished back) using either foot, under (back finished front) using back foot only,

Petit assemble - devant and derriere

Pas de Basque glisse

Pas de Basque saute

Pas de Chat

Soubresauts

Echappes sautes to 2nd

Echappes sautes en croix

POSITIONS OF THE ARMS : Bras Bas, En Avant, En Couronne, a la Seconde, Attitude Ordinaire, Attitude Grecque, Bras Croise, Demi Second, Demi Bras, 1st and 3rd Arabesque.



