

GRADE 1 CLASSICAL BALLET

THEORY SHEET

Students are required to have a knowledge of the following terms and positions and will need to be able to demonstrate the step to an examiner.

PLEASE VISIT THE LDA EXAM SUPPORT PAGE TO VIEW THESE UNDER PRACTICE/SYLLABUS VIDEOS:
<https://www.letsdanceacademy.co.uk/exams>

GRADE 1 BARRE VOCAB

PLIE	TO BEND
EN CROIX	IN THE SHAPE OF A CROSS
BATTEMENTS TENDU	TO STRECH
GRANDS BATTEMENTS	BIG BEATING MOVEMENTS
RETIRE	TO DRAW UP

DIRECTIONS OF TRAVEL

DEVANT	IN FRONT
DERRIERE	BEHIND
DE COTE	SIDEWAYS
EN AVANT	GOING FORWARDS
EN ARRIERE	GOING BACKWARDS

PORT DE BRAS & ADAGE

PORTS DE BRAS	CARRIAGE OF THE ARMS
DEGAGE	TO DISENGAGE (a point to prepare or a point that stays out)
CHASSE	TO CHASE / SLIDE
POSE	STEP

ALLEGRO

PETIT	LITTLE
JETE	TO THROW (Petit Jetes devant & derriere - little springs from foot to foot)
CHANGEMENTS	CHANGING STEPS
TEMPS LEVE	HOPPING STEP (Pose temps leve - step and hop with leg bent in front)
SAUTE	TO JUMP (Feet in 1st position)
REVERENCE	CURTSEY

MUSIC SECTION

WALTZ (1,2,3)	Time signature is a $\frac{3}{4}$ (3 Beats in a Bar/Phrase)
POLKA (&1&2)	Time signature is a $\frac{2}{4}$ (2 Beats in a Bar/Phrase)
MARCH (1,2,3,4)	Time signature is a $\frac{4}{4}$ (4 Beats in a Bar/Phrase)

CONTINUED.....

POSITIONS OF THE FEET:

1st, 2nd, 3rd, 4th Ouverte(Open)/Opposite 3rd. 4th Croise(Crossed)/Opposite 5th, 5th



POSITIONS OF THE ARMS:

**Bras Bas, Ev Avant, A La Seconde, En Couronne,
Attitude, Demi Seconde, Demi Bras**

