

# GRADE 4 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 STRETCH
GRAND BATTEMENTS	BIG BEATING MOVEMENTS
EN CROIX	IN THE SHAPE OF A CROSS
RONDE DE JAMBE	ROUND OF THE LEG
A TERRE	ON THE GROUND
EN DEHOR	OUTWARDS
EN DEDANS	INWARDS
PETIT BATTEMENTS SUR LE COU DE PIED	LITTLE BEATING ON THE NECK OF THE FOOT
BATTEMENTS FONDU	TO MELT
RELEVÉ	TO SNATCH
ECHAPPE	TO ESCAPE

### DIRECTIONS OF TRAVEL

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

### DIRECTIONS

CROISE	CROSSED
OUVERT	OPEN
EN FACE	FACING FRONT
DE COTE	SIDEWAYS

### CENTRE EXERCISES - ADAGE

PORT DE BRAS	CARRIAGE OF THE ARMS
ADAGE	SLOW, GRACEFUL MOVEMENTS
CHASSE	TO CHASE / SLIDE
PASSE	PASSING
EPAULMENT	USING THE SHOULDERS
TEMPS LIE	TO LINK

### CENTRE EXERCISED - ALLEGRO

GLISSADE	TO GLIDE
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PAS DE BOUREE

RUNNING STEP

BALLONNE

BALL LIKE

SIMPLE

ORDINARY / SIMPLE

SISSONE

SCISSOR LIKE

CHANGE

CHANGING

PETIT BATTERIE

SMALL BEATING

**POSITIONS OF THE FEET:**

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



**POSITIONS OF THE ARMS:**

**Bras Bas, Ev Avant, A La Seconde, En Couronne, Attitude, Attitude Grecque, Bras Croise, Demi Seconde, Demi Bras, 3<sup>rd</sup> Arabesque**

