

Mish Moves

Ballet Terminology (Beginner Comp)

- 1) Demi plié -half bend
- 2) Battement -beat
- 3) Tendus -stretch
- 4) En Croix -in the shape of a cross
- 5) Grandes -large
- 6) Grandes battements en croix -large beats in the shape of a cross
- 7) Retire -draw up
- 8) Port de bras -carriage of the arms
- 9) Dégagé -disengage/point
- 10) Devant -front
- 11) Derriere -behind
- 12) A la seconde -to second
- 13) En avant -forwards
- 14) En arriere -backwards
- 15) De coté -sideways
- 16) Chasse -chase
- 17) Posé -step
- 18) Temps levé -hop
- 19) Petit -small/little
- 20) Jetés -throw
- 21) Petits jetés devant -little throws in front
- 22) Petits jetés derriere -little throws at the back
- 23) Saute -jump
- 24) Retiré saute en arriere -skips backwards
- 25) Changement -change
- 26) Allegro -brisk, lively. Jumping section
- 27) Adage -slow, controlled movements.

Arm positions?

- 1) Bras bas -arms low
- 2) En avant -forwards (opposite tummy button)
- 3) En couronne -shaped like a crown
- 4) A la seconde -out to the side

- 5) Attitude -one arm above the head and the other out to the side in seconde
- 6) Bras croisés -arms crossed, one arm in front of tummy, the other out to the side
- 7) Demi bras -half arms, presenting a bunch of flowers

Music: Polka (a 1 & 2) Waltz (1 2 3) March (1 2 3 4)

In addition to the Terms above students will need to know the order of exercises for a complete Ballet barre class.



MISH MOVES
DANCE COMPANY INC