



# BALLET THEORY

## PRIMARY

- **Demi** (*Deh-MEE'*) - half
- **Devant** (*Deh-VAHN'*) - front
- **Saute** (*Soh-TAY*) - to jump
- **Plie** (*Plee-YAY*) - bend of the knees
- **Grande** (*Grahnd, Grahdnd*) - big, large

## GRADE ONE

*All Primary plus:*

- **Changements** (*Shahnzj-MAHN'*) - change
- **Pas de Chats** (*Pah duh Shah*) - step of the cat
- **Tendus** (*Tahn-DEW*) - to stretch
- **Petite** (*Peh-TEET*) - little, small
- **Derriere** (*Deh-REHY'EHER*) - back, behind

## GRADE TWO

*All Primary & Grade 1 plus:*

- **Sur le cou-de-pied** (*Sur leh koo'-deh-PEYAY*) - Neck of the ankle
- **Balance** (*Bah-LAHN-say'*) - rocking step
- **Glissade** (*Glee-SAD*) - to glide
- **Bras** (*Brah*) - arms
- **Bras Bas** (*Brah BAH*) - arms down
- **Echappe** (*Ay'-shah-PAY'*) - to escape

## GRADE THREE

*All Primary - Grade 2 plus:*

- **Fondu** (*Fawn-DEW*) - to melt
- **Rond de jambe** (*Rawn duh zhahnb*) - round/circular movement of the leg
- **En Croix** (*Ahn Krawh*) - in the shape of a cross
- **Retire** (*Ruh-tee-RAY*) - Withdrawn
- **Releve** (*Rehl-leh-vay*) - to rise, raised
- **Jete** (*Zjeh-tay'*) - to throw

## GRADE FOUR

*All Primary - Grade 3 plus:*

- **Temp leve** (*Tahn lah-VAY*) - hop from one foot
- **Croise** (*Krawh-SAY'*) - crossed
- **Assemble** (*Ah-sahm-BLAY'*) - assembled in the air
- **A la Seconde** (*Ah la suh-GAWND*) - to second position
- **Chasse** (*Shah-say'*) - chased
- **Frappe** (*Frah-PAY'*) - to strike
- **Coupe** (*Koo-PAY'*) - cut, cutting

## LEVELS FIVE, SIX, SEVEN & EIGHT

*All Primary - Grade 4 plus:*

- **Temps lie** (*Tahn LEE-yay*) - connecting movement
- **Epaulement** (*Ay-pawl-MAHN'*) - placement of the shoulders
- **Pirouette** (*Peeru-WET*) - whirl or spin
- **Dégagé** (*Dā'gā-zhā'*) - to disengage
- **Pique** (*Pee-KAY*) - pricked, pricking the foot
- **Sur les Pointes** (*Sewr lay Pointe*) - on the pointes
- **Overte (efface)** (*Oo-VEHRT*) - open
- **En Avante** (*Ah na-VAHN*) - forward
- **En Arriere** (*Ah na-RYEHR*) - backward
- **Decote** (*Duh Koh-TAY*) - to the side
- **Batterie** (*Baht-TREE'*) - beaten steps
- **Emboite** (*Ahn-bwah-tay'*) - fitted together, "boxed"
- **Detourne** (*Deh-TORE-neh*) - turned...direction of the back foot, reversing position of the feet
- **Dehors** (*Duh-AWR*) - outward
- **Dedan** (*Duh-DAHND*) - inward
- **Developpe** (*Dayv-ley-PAY*) - unfold of the arm and leg together
- **Adage** (*a-DAHZH*) - ease, leisure
- **Allegro** (*a-lay-GROH*) - brisk, lively
- **Sous-sus** (*Soo-SEW*) - relève in 5th, traveled forward, backward or to the side.
- **Pas de Cheval** (*Pah de shuh-VAHL'*) - step of the horse