

# Quick Ballet Vocab: A - Z



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| <b>Á terre</b>   | On the ground/floor  |
| <b>Adage</b>     | Slow, soft, sustained, and controlled movement   |
| <b>Arabesque</b> | A position on one leg with the other behind either á terre, or en l'air (up to 90 degrees) |
| <b>Assemblé</b>  | To assemble, to join   |
| <b>Attitude</b>  | A position standing on one leg with the other bent at an angle behind, en l'air            |
| <b>Ballonné</b>  | To bounce (with a closing action of the working leg)                                       |
| <b>Battement</b> | To beat (a movement with a closing action)   |
| <b>Chaseé</b>    | To slide   |
| <b>Coupé</b>     | To cut   |
| <b>Croisé</b>    | Crossed to the audience (front)  |
| <b>De coté</b>   | To the side  |

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| <b>Demi</b>          | Half  |
| <b>Demi-detourné</b> | Half turn (towards the back foot)   |
| <b>Derrière</b>      | To the back   |
| <b>Devant</b>        | To the front  |
| <b>Developpé</b>     | To develop or to unfold   |
| <b>Echappé</b>       | To escape (a jump or relevé from 1st, 3rd or 5th to 2nd or 4th and returning) |
| <b>En arrière</b>    | Travelling backwards  |
| <b>En avant</b>      | Travelling forwards   |
| <b>En croix</b>      | In the shape of a cross (front, side, back or back, side, front)              |
| <b>En dedans</b>     | Inwards (towards the supporting leg)  |
| <b>En dehors</b>     | Outwards (away from the supporting leg)                                       |
| <b>En face</b>       | Facing the audience (opposite)  |
| <b>En l'air</b>      | In the air  |
| <b>Enchaînement</b>  | A combination of steps (a linked phrase of movement)                          |

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| <b>Épaulement</b>     | Use of the shoulders, neck and upper back (looking over the shoulder)  |
| <b>Fondu</b>          | To melt (a melting action)   |
| <b>Frappé</b>         | To strike (like lighting a match on the floor)   |
| <b>Glissade</b>       | To glide (a sliding movement from 5th to 5th)  |
| <b>Grand</b>          | Large  |
| <b>Jeté</b>           | To throw   |
| <b>Ouvert</b>         | Open to the audience   |
| <b>Pas de basque</b>  | A movement from 5th incorporating a rond de jambe a terre and closing to 5th   |
| <b>Pas de bourrée</b> | Small/tight running steps (5th to 2nd/or 4th back to 5th)  |
| <b>Pas de chat</b>    | Step of the cat a jump from 5th to 5th with an overlapping action with each leg bending and unfurling, one after the other |
| <b>Passé</b>          | To pass (retire passé: the working leg's toes supported just under the supporting knee)                                    |
| <b>Petit</b>          | Small  |
| <b>Pirouette</b>      | To turn  |

|                           |   |
|---------------------------|---|
| <b>Plié</b>               | To bend   |
| <b>Port de bras</b>       | Carriage of the arms (a controlled movement of the arms)  |
| <b>Posé</b>               | To step (onto a straight leg)   |
| <b>Relevé</b>             | To rise with a small rising action starting with a plie (bent knees)                                |
| <b>Retiré</b>             | To draw up (the supporting leg)   |
| <b>Rond de jambe</b>      | Round of the leg (circle the leg like a protractor on the floor from 0 degrees to either 90 or 180) |
| <b>Sauté</b>              | To spring   |
| <b>Sissonne</b>           | A scissor step - a jump from two feet to two feet   |
| <b>Soubresaut</b>         | A single jump (without changing the feet)   |
| <b>Soutenu</b>            | To sustain (a turning action revolving the feet, either traveling or on the spot)                   |
| <b>Sur le cou-de-pied</b> | On the neck of the foot   |
| <b>Temps levé</b>         | To hop (a jump taking off and landing on the same foot)   |
| <b>Tendu</b>              | To stretch (an extending action of the leg, a terre with a return closing action)                   |