

Ballet I Terminology

Barre

1. Plie – to bend
2. Demi plie – a partial or small bending of the knees
3. Grand plie – a full plie to maximum depth
4. Releve – to rise
5. Tendu – to stretch, a brush along the floor
6. Degage – to disengage, or leave the floor
7. Rond de jambe – round of the leg, a circular movement of the leg
8. Frappe – to strike
9. Fondu – to melt, a soft demi-plie on one leg
10. Petit battement – small beat
11. Grand battement – large beat, or kick
12. Pas de cheval – step of the horse, a small pawing motion
13. Pique – to prick or to pierce, placing weight on releve with knee straight
14. Cloche – swinging like a bell
15. Sous-sus – under-over, position with legs together, one in front of the other
16. Battu – to beat
17. Soutenu – a slow and sustained movement
18. Passé – to pass, from front to back or back to front, and sometimes used to describe the position with thigh lifted and knee bent and to the side, with little toe positioned just under the knee
19. Cou-de-pied – the neck of the foot, or the ankle
20. Sur le –cou-de-pied – around the neck of the foot, wrapped around the ankle
21. Pas de bourree – step of the peasant, a non-traveling linking step
22. Detournee - to turn

Center

1. En face – full face, facing flat to the audience
2. Croise – facing the diagonal, in a crossed position
3. Efface – facing the diagonal, in an open position
4. Temps lie – connect movement, a changing of weight that connects one position to another
5. Balance – rocking step
6. Coupe – to cut or replace
7. Chasse – chasing step
8. Glissade – to glide
9. Jete – to throw or to dart, beginning on one leg and landing on the other
10. Assemble – to assemble the legs, usually in the air, movement that begins on one foot and lands on two
11. Pas de chat – step of the cat, a springing movement

