

MODERN DANCE/COMPOSITION TERMINOLOGY

1. Parallel - legs in a neutral position in the hip socket
2. Turned-out - legs rotated outward in the hip socket
3. Plie - to bend, movement in which the knees bend
4. Tendu - to stretch, a brush of the foot on the floor
5. Degage - to disengage, a brush that leaves the floor
6. Rond de jambe - round of the leg, a circular movement of the leg
7. En dehors - outward, moving away from the center of the body
8. En dedans - inward, moving toward the center of the body
9. Leg swings - large swinging motion of leg in which hip is allowed to move freely in the hip socket, designed to warm-up hips and experiment with the feel of gravity
10. Grand battement - large brush, a kick
11. Fall - to succumb to gravity, allowing body to feel heavy
12. Recover - to realign body in an attempt to recover from the fall into gravity
13. Suspend - the moment of weightlessness that occurs after a recovery and before the next fall into gravity, assisted by momentum
14. Developpe - to develop, to grow or expand
15. Envelope - to envelope, to enfold or close up
16. Contract - a tightening of the abdominal wall, decreasing the space between the ribs and hips and resulting in spinal flexion or a forward curve
17. Release - a return from the contracted state back to the neutral state of the spine
18. Arch - a backwards bending of the spine, reversing the curve of the contraction, consisting of a lifting of the sternum to the ceiling
19. Spiral - a circular twisting motion in which a particular bodypart leads the body either upwards or downwards into the spiraling motion; moves in an ascending or descending pattern like the stripes on a barber pole
20. Sequential - following one after another; a sequential movement in the spine would initiate with the head or top of the spine and continue down, vertebrae by vertebrae, to the bottom of the spine in a wavelike motion
21. Saute - to jump; a jump in any position

design), level (low, middle, high), direction (forward, backward, sideways, and all diagonals)

44. Energy - one of the elements of dance; consists of the concepts of flow (bound or free), staccato, percussive, sustained