

BALLET II/POINTE TERMOINOLOGY

1. Vamp - the top surface of the cup-like box that surrounds your toes and holds you up on pointe. Vamp height, the distance from the tip of the box to the drawstrings, varies depending on the shoe, and the vamp height that is best for you depends on the length of your toes as well as your arch and the overall shape of your foot.
2. Platform - the flat surface that comes in contact with the floor while on pointe, located at the end of the box.
3. Shank - the inner supportive spine, made of leather or cardboard, that lies on the inside of the sole, directly underneath the fabric insole. Shanks come in different strengths. The hardness of the shank that is best for you depends on your arch, strength, alignment, and overall shape of the foot.
4. Outsole - the leather sole, on the outside of the shoe, that comes into contact with the floor.
5. Insole - the fabric lining that covers the shank, located on the inside of the shoe.
6. Wings - the sides of the box, highly blocked and hard at the bottom of the box, gradually becoming more flexible toward the top end of the box.
7. Box - the hardened tip of the shoe that encases the toes, supports the foot, and enables you to rise up onto the ends of your toes.
8. Demi or $\frac{3}{4}$ pointe - the highest pointe you can reach in your releve without rising up onto your platform. It is important to work through this portion of your shoe to break in the shoe and to build strength and control.
9. Full pointe - a soft rise or a spring brings your weight to rest on the ends of your toes and fully on top of the platform.
10. Releve - a rise that when en pointe takes you to rest on your platform.
11. Sous-sus - "over-under" position that occurs on full pointe, with weight fully over platforms.
12. Eschappe - an "escape" which en pointe involves a slight "escaping" or skimming across the floor to ending position, rather than a sauté to the ending position as in eschappe sauté.
13. Pique - a "pricking or piercing" movement that occurs on the end of the platform. In the case of a rise to pique special care must be

24. Coup-de-pied releve - a spring from 2 feet to full pointe on the standing leg, without traveling, while the gesture leg snaps to either coup-de-pied front or back.
25. Balance - rocking step that when performed en pointe involves stepping up to full pointe on the 2nd and 3rd footfall in a tight sous-sus.
26. Piqué ballonne - from coup-de-pied derriere begin by stepping up onto full pointe with the coup-de-pied foot while the other leg jetes sharply a la seconde. As the leg in 2nd snaps in to coup-de-pied back the original standing leg rolls down from pointe to flat.
27. Sissonne - a traveling spring from 2 feet to full pointe on the standing leg while the gesture leg travels in the line of direction. To travel, there must be a slight skimming spring just above the floor immediately prior to the releve.
28. Chaîne - en pointe each step occurs on full pointe with steps even closer together, heels almost touching.
29. Pas de cheval - from 5th position the initial flick to coup-de-pied involves a quick spring up to full pointe from 2 feet to one foot. The gesture leg does a quick develop and at full extension the standing foot rolls through the foot off pointe to flat.
30. Developpe - a spring from 2 feet to 1 foot followed by the gesture leg traveling to passé, and then to full extension.
31. Enveloppe - a spring from 2 feet to 1 foot where the gesture leg snaps immediately to full extension, then enveloppes into coup-de-pied, closing into sous-sus still en pointe, and then returning to flat 5th.
32. Ballonne - a traveling, springing step. From the coup-de-pied position the gesture leg snaps to full extension while the standing leg springs to full pointe, lightly skimming the surface of the floor as you travel in the direction of the gesture leg.
33. Emboite - rather than a sauté, each step is done as a piqué on full pointe with the gesture leg snapping either to coup-de-pied or passé, and usually with all gestures in front.
34. Pirouette - from 4th position the releve onto the standing leg rises to full pointe with the turn occurring on the end of the platform, lowering only when pirouette is finished.
35. Fouette - a whipping movement, either as in a fouette rond de jambe en tournant, or pirouette fouette, or in grand fouette a terre, or battement fouette. In the pirouette fouette you rise to full pointe on the standing leg as you snap the gesture leg from a la seconde to