

French Glossary of Ballet Terms 2011



PRIMARY & GRADE ONE

Claps: Waltz (3/4), Polka (2/4) & March (4/4)

A La Second	Arms in 2nd position
Adage	low controlled movement of Grace, Line & Balance
Allegro	Light/ Brisk movement
Bras Bar	Arms Low
Changement	To Change
Chassé	To Slide
De côté	To the Side
Degage	Disengage/ Take away
Demi	Half
Demi Bras	Half Arms
Derrière	Behind
Devant	Infront
En arrière	Backwards
En avant	Forwards
En couronne	In the shape of a Crown
En croix	In the shape of a Cross
Grand	Big/ Large
Jeté	Thrown
Petit	Small
Plié	To Bend
Ports de Bras	Carriage of the Arms
Posé	Step onto a Straight Leg
Posé temps levé	Step & Hop
Retiré	To Draw up
Sauté	Simple Jump
Temps levé	Time Raised
Tendue	To Stretch

GRADE TWO: Plus previous grades

À terre	On the ground
Assemblé	To assemble or bring together
Balance	Rocking step
Demi-détourné	Half a turn
Dessous	Under
Dessus	Over
Échappé	To escape
En dedans	Inwards towards the body, from back to front
En dehors	Outwards from the body, from front to back
En l'air	In the air
Glissade	Gliding step
Pas de Basque	Step of the Basque people
Pas de chat	Step of a cat
Relevé	Raised up. A quick snatch
Ronds de jambe	Circle of the leg
Soubresaut	Sudden leap or bound
Soutenu	To sustain