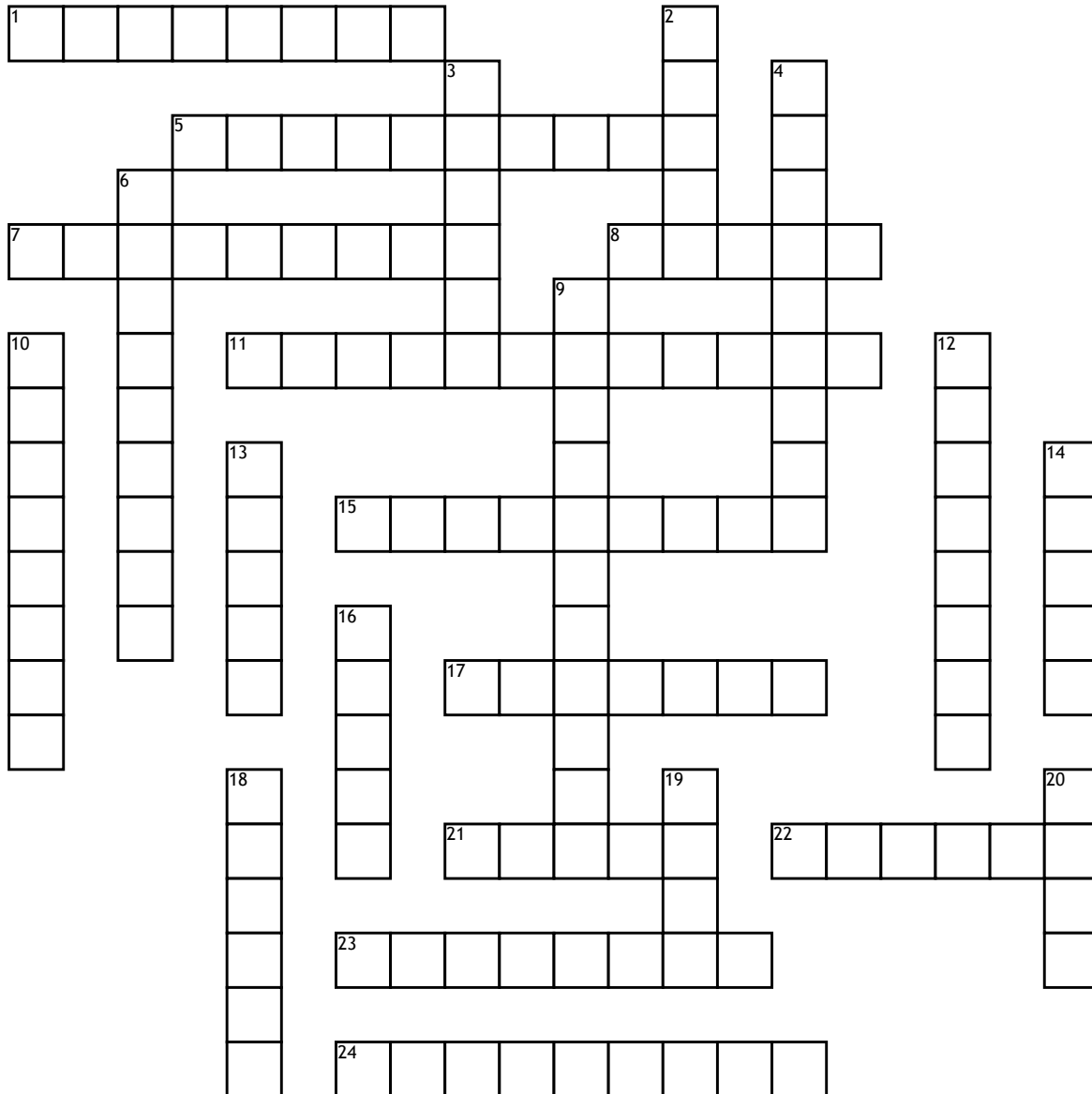


Ballet Terms



Across

1. of the head is used to stabilize the torso in this and all turning exercises in ballet
5. Carriage of the arms
7. long horizontal jump, starting from one leg and landing on the other. Known as a split in the air... very big.
8. Outward... En_____
11. It consists of three quick steps. A demi plié with extension of the first leg, closing the first leg to the second as the second rises to demi pointe or pointe, extending the second leg to an open position while both legs remain on demi or full pointe, and closing the first leg to the second in a demi plié.
15. A full bending of the knees. The back should be straight and aligned with the heels, and the legs are turned out with knees over the feet.
17. A series of quick 360 degree complete rotation turns on alternating feet with progression along a straight line or circle
21. Literally "rise" A relevé without the plié, so that the dancer simply rises directly to demi or pointe from flat feet and straight legs all the way to the balls of the feet.

22. The working foot rises about four inches from the floor with a well-pointed toe, then slides back into the first or fifth position very quickly.

23. Means "bend", from the verb plier, to bend. A smooth and continuous bending of the knees halfway.

24. One of the basic poses in ballet, a position of the body, in profile, supported on one leg, which can be straight or demi-plié, with the other leg extended behind and at right angles to it.

Down

2. When a foot is placed near, on, below, or above the other knee.
3. Literally "lifted". Rising from any position to balance on one or both feet on at least demi-pointe which is heels off the floor or higher to full pointe after a plié.
4. A turn on one leg, often starting with one or both legs in plié and rising onto Relevé
6. Meaning "beat". A beating movement of the working leg, resembles a kick.
9. A circular movement of the leg
10. At or to the back side.

12. a position on one leg with the other lifted in back, the knee bent at an angle of 90 degrees and well turned out so that the knee is higher than the foot.

13. Inward... En _____

14. Literally "pricked". A movement in which the strongly pointed toe of the lifted and extended leg sharply lowers to hit the floor then immediately rebounds upward.

16. An exercise to force the insteps well outward. The working foot slides from the first or fifth position to the second or fourth position without lifting the toe from the ground. Both knees must be kept straight. When the foot reaches the position, it then returns to the first or fifth position.

18. literally "chased". A slide forwards, backwards, or sideways with both legs bent, then springing into the air with legs meeting and straightened.

19. Meaning "half". Applied to plié and pointe and other movements or positions to indicate a smaller or lesser version.

20. a jump from one foot to the other similar to a leap, in which one leg appears to be "thrown" in the direction of the movement, small split in the air.