

BALLET TERMS	
A la seconde	One of eight directions of the body, in which the foot is placed in second position and the arms are oh 0 - 120 - 120 , EFd



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Pique´	Pricked, pricking. Executed by stepping directly on the pointe of the working foot in any desired direction with the other foot raised in the air. (pee- KAY)
Pirouette	Whirl or spin. A complete turn of the body on one foot either on the pointe or demi-pointe, the motive power being obtained from a combination of plie and arm movement. There is a great variety of pirouettes. (peer-WET)
Plie´	Bent, bending. A bending of the knees or knee to render the joints soft and pliable, and the muscles and tendons flexible and elastic. (plee-AY)
Port de bras	Carriage of the arms. (por dih BRAH)
Promenade	In a walk. Indicates that the dancer turns slowly on one foot by a series of slight movements of the heel to the required side while maintaining a definite pose. (ahn prawm-NAD)
Releve´	Raised. A raising of the body on the pointes or demi-pointes, which may be done in many different positions. (rih-leh-VAY)
Reverence	Reverence, curtsey. (ray-vay-RAHNSS)
Rond de jambe	Round of the leg; that is, a circular movement of the leg. Ronds de jambe is used as an exercise at the barre, in the center and in the adage, and is done on the floor (à terre) or in the air (en l'air). (rawn duh zhahnb)
Saute´	Jump, jumping. (so-TAY)
Sissonne	Sissonne is named for the originator of the step. The most common form of sissonne is the springing off from two feet and landing on one foot, then usually closing the second foot. (see-SAWN)
Soubresaut	sudden spring or bound. (soo-bruh-SOH)
Saut de basque	Basque jump. A traveling step in which the dancer turns in the air with one foot drawn up to the knee of the other leg. (soh duh bask)
Sous-sus	Under-over. Sous-sus is a releve in the fifth position. The dancer springs onto the pointes, drawing the legs and feet tightly together with the heels forced forward so that they give the impression of one foot. (soo-SEW)
Soutenu	Sustained in turning. (soot-NEW ahn toor NAHN)
Spotting	This is a term given to the movement of the head in turning. The dancer chooses a spot in front and as the turn is made away from the spot, the head is the last to leave and the first to arrive as the body completes that turn. This snap of the head gives the impression that the face is always turned forward and prevents the dancer from becoming dizzy.
Sur le Cou-de-pied	
Tombe´	Falling down. Used to indicate that the body falls forward or backward onto the working leg in a demi-plie. (tohm-BAY)
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