

The Language of Ballet

barre: piece of wooden equipment used for balance

Five positions of the feet (have students diagram each position on the opposite side of the index card):

- 1st position
- 2nd position
- 3rd position
- 4th position
- 5th position

plié: to bend the knees

tendu: to stretch the feet

port de bras: use of the arms

degages: to disengage off the floor

grand battement: to toss your leg in the air

chassé: to slide along the floor

grand jeté: leap from one foot to the other

pirouette: to turn on one leg

curtsey/bow: to bend and gesture toward the audience