

Advanced Ballet Skills Set

In addition to the beginner and intermediate skills, these advanced skills are introduced and worked on. Fine-tuning these and all previous skills will give the worship dancer a broad movement vocabulary to use in their worship ministry.

For illustrated definitions, refer to "Step-by-Step Ballet Class" book from our dance studio. Cost \$15

AT THE BARRE:

Attitude: [ah-teh-TEWD] A pose on one leg with the other extended with the knee slightly bent either to the front, side or back.

Développé: [DAY-veh-low-PAY] Slide the working foot up the side of the supporting leg, keeping turn out, then unfold your leg out into the air (usually 45°), lower leg, then tendu to close. Can be done either to side, front, or rear. (pages 82-83, 104, 124-125)

Frappé: [frah-PAY] to strike powerfully; a quick action of the leg – working leg's foot is placed in front of the supporting leg's ankle – quickly throw the foot forward then softly bring it back to the ankle (done front, side, or back)

Grand Ronds de jambe a la seconde: [ah lah sek-OND] Performing the ronds de jambe "to the second" – a pose on one leg with the other extended to the side either 45°, 90°, 120°, or 180° off the floor.

Pas de Cheval: [pah-deh-shuh-VAHL] Tendu foot out, brush foot in to the supporting leg, passé, and extend leg to the direction from which you came, close. To the front, side, or back. *Step of the horse.*

Serré: [sehr-AY] close; compact; tight – a movement that describes a fast beating of the foot against the ankle of the other leg.

CENTER FLOOR:

Assemblé: [ah-sahm-BLAY] A jump from one foot landing on two feet. From 5th position brush the back leg to the side 45° as the supporting leg bends at the knee, then jump off the floor landing on both legs in 5th position at the same time.

Cabriole: [kah-BREE-OHL] a beating jump from one leg to the same leg – hold one leg off the floor and then jump up with the supporting leg, beat it against the other and land back on the original supporting leg

Chaine Jete' 1 chaine followed by a jete leap in 2 position, repeated and repeated

Deer Leaps

Échappé: [AY-shah-PAY] A movement that begins in 5th position and moves quickly to 2nd position either by sliding feet to the ball of the foot or as a jump from 5th position to 2nd position. (pages 66-67)

Emboîté: [ahn-bwah-TAY] a jumping movement from one foot to the other (ex: with the right leg slightly bent and held off the floor 45° jump up and land on the right leg with the left leg slightly bent and held off the floor 45°) *Also done in a turning movement.*

Fouetté: [fweh-TAY] to whip – a movement on one leg that requires the dancer to change the hip and torso direction while maintaining the leg direction and position (with the torso and hips facing front extended the working leg front and make one-half turn to face back, leaving the working leg in place, now in the back).

Glissade: [glee-SAHHD] A jump from one foot to the other that travels either front, side, or back; for example: right leg front 5th position, brush the right leg to the side and jump on to it, then bring the left leg and close it in 5th position back (pages 110-111)

Jazz Battements

Jazz Pirouette

Jazz Run

Jazz Turns: Battement/Combo

Jeté Leaps/Turns: A leap that uses a small throw of the leg.

Needle Turn

Paddle Turns

Pas de boureés: [pah duh boo-RAY] Step behind one foot with the other en demi-pointe, the front foot then steps out into 2nd, the first foot then steps in front of 2nd foot turned out, finally lifting the 2nd foot off the floor pointed down directly behind first foot. *Also done with a turn.*

Pas de Chat: [pah duh SHAH] A jump from one foot to the other and when in the air, both feet are off the ground. *Step of the cat.* (pages 94-95)

Pencil Turn

Piqué Turn: [pee-KAY] Stepping directly onto the point or demi-pointe of the working foot in any desired direction or position with the other foot in the air. *Prick.*

Sissonne (see SAWN). A jump from both feet onto one foot, petite (at 45 degrees) or grande (at 90 degrees).

Sissonne Fermé. (see-SAWN fehr-MAY) Closed Sissone. A step of low elevation performed to a quick tempo. Jump off 2 feet, land on 2, close. This sissonne finishes on two feet with the working foot gliding along the floor into the

Soutenu en'l'aire:

Temps levé: [tehn la-VAY] A sharp jump either on one foot or two. *Step to lift.* (pages 98-99)

Tour de Promenade: [toor deh proh-m-NAHD] a turning walk

Tour Jeté: [toor zjeh-TAY] a movement wherein the working leg is thrust forward followed by the second leg (scissoring legs in the air) while turning the body ½ turn to face the opposite direction, landing on the first leg and leaving the 2nd leg in arabesque behind.

Waltz Turn: Down, up, up with turned-out legs. Step forward into plié, then step through in relevé.

Foot Positions: (pages 22-23)

Fifth: Feet turned out, heel of front foot against toe of back foot (like 3rd, but down further)