

Intermediate Ballet Skills Set

In addition to the beginner skills, these intermediate skills are introduced and worked on. Fine-tuning these and all previous skills will give the worship dancer a good movement vocabulary to use in their worship ministry. When an adequate level of these skills is reached, students will be assigned to classes that introduce more difficult skills to build their movement vocabulary.

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

AT THE BARRE:

Arabesque: [ah-rah-BESK] An extended position of the arms and legs. (pages 86-87)

Fondue: [fohn-DEW] A movement that calls for the dancer to stand on one foot, bending and extending both legs at the same time. The working leg extended to the side – bring the working leg's foot to the ankle of the supporting leg as both legs bend at the knees, extend the working leg to the side with the knee bent, then stretch both legs at the same time.

Glissés: [glee-SAY] Tendu the working foot to 2nd, then working foot to demi pointe, demi-pointe opposing leg, then tendu second leg to close to first. From 1st & 3rd position this year facing the barre.

Grands Battements: [grahn BAHT-mah] Large kick or throwing action of the leg. Like a degage, this movement brushes the foot on the floor, causing a lifting motion, allowing the leg to lift high to front, side or back. (page 62-63, 80-81)

Grand Plié: [grahn plee-AY] to fully bend the knee. Contrary to demi plie, the heel will come off the floor (except in 2nd position. Perform in 1st, 2nd and 3rd position. (page 75, 55)

Passé: [pah-SAY] The foot of the working leg passes the knee of the supporting leg from one position to another. Draw the turned out thigh up, toe of working foot contacts supporting leg.

Piqué: [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.*

Retié: [reh-tee-RAY] The turned out leg is raised with bent knee so that the pointed toe rests in front of, behind, or to the side of the supporting knee. *Withdrawn* (pages 78-79)

Ronds de jambe en l'aire: Done as above, except moving leg/foot approximately 2 inches off the ground.

Tendu en croix: [tahn-DOO] A basic ballet movement where the leg is extended straight out from the supporting leg with the foot fully pointed, it can be done front, side or back. The toes do not leave the floor, but rather slide from one position to another. From 1st or 3rd position moving to front, side and back. (pages 56-57)

CENTER FLOOR:

Balancé: [bah-lahn-SAY] A swinging 3-step movement:

Châiné Turn: [shah-NAY] Putting together a sequence of 3-step turns. (5) 3-step turns with spotting.

Changements: [shahnzj-MAHN] A jump from 3rd position, changing the legs and landing in 5th position. (page 65)

Jeté Leaps: [zjeh-TAY] A leap that uses a small throw of the leg.

Pas de Basque: [pah-deh-BAHASK] Doing a ¼ rounds de jambe front to side, step onto leg at side, opposing leg meets ankle of first leg then steps through forward with a demi-plié, first leg then closes behind with turned-out foot.

Petits Jeté: [puh-TEET zjeh-TAY] A sharp movement that describes a small throw of the leg. (page 48)

Pirouette: [peer-WHET] Prepare in 4th position, bring back leg up into passé and front foot into demi-pointe while whirling in the direction of the passéd leg. (pages 106-108) (begin w/ passé, passé releve, then ¼ turns, ½ turns, whole turns.

Spotting for Turns: Looking at one spot while turning. Entire head flips (eyes, too), and chin stays even. This technique is used to prohibit the dancer from becoming dizzy when doing turns.

Step-Ball-Change

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

5-step turn with spotting: Step out to side, spotting to side, bring opposing leg around front to end in 2nd, body turns to back, still spotting side, then first leg comes around front to turn body back to front, head spinning to re-spot at side.

Foot Positions: (pages 22-23)

Fourth: Feet turned out, (begin from 3rd) move front foot forward a few inches, weight equal

Sixth: feet parallel, hips tucked under, knees relaxed

Arm Positions: (pg. 19-21 – note 4th position is illustrated with an optional position and is different than defined)

Demi-Seconde: *Half-second* Halfway between 2nd position and bras bas.

Demi-Bras: *Half-arms* Halfway between 1st and 2nd positions (as if you were asking for something)

Other Terms:

En dedans [ahn deh-DAH] Inwards direction

En dehor [ahn dah-OHR] Outwards direction

De coté [deh koh-TAY] To the side

Croisé [krawh-ZAY] To cross

En Croix [ahn CWAH] In each position: front, side, back, side (“all the way around”)