

“Ballet 101 & 201 Combinations” Terms

(in order of appearance)

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COMBINATIONS DANCED IN BOTH VIDEOS

WARM-UP:

MUSIC:

Johann Sebastian Bach: Pachelbel: Canon
Leo Delibes (Sylvia & Coppelia), Coppelia

STRETCH MUSIC: Bach: Air on the G String

Adagio: Means "slow." A series of exercises following the *centre* practice, consisting of a succession of slow and graceful movements which may be simple or of the most complex character, performed with fluidity and apparent ease. These exercises develop a sustaining power, sense of line, balance and the beautiful poise which enables the dancer to perform with majesty and grace.

MUSIC Combinations 1:

Georges Bizet, Carmen

MUSIC Combinations 2

Ludwig (Le'on) Minkus, (Paquita & La Bavade're), Paquita

Waltz: Dance choreographed on counts of 1,2,3...1,2,3. Steps can be danced side to side *de côté* - or front (*en avant*) to back (*en arriere*).

MUSIC Combinations 1:

Leo Delibes, (Sylvia & Coppelia), Coppelia

MUSIC Combinations 2:

Leo Delibes, (Sylvia & Coppelia), Coppelia, Mazurka

Allégo: Brisk, lively. A term applied to all bright and brisk movements. All steps of elevation come under this classification. The majority of dances, both solo and group, are built on allegro. Allegro can be divided into two categories: petit and grand.

Petit Allégo: Small jumps such as sautes, petit assembles, jetés and pas de chats.

MUSIC Combinations 1:

Leo Delibes, (Sylvia & Coppelia), Sylvia

MUSIC Combinations 2:

Ludwig (Le'on) Minkus, (Paquita & La Bavade're), Paquita

Grand Alle'gro: Dance with large jumps and steps.

MUSIC Combinations 1:

Ludwig (Le'on) Minkus, (Paquita & La Bavade're), La Bayadere

MUSIC Combinations 2:

Ludwig (Le'on) Minkus, (Paquita & La Bavade're), Paquita

Reverence: Dance that acknowledges the rest of the ensemble cast (*corps*), the instructor, the choreographer, and/or the orchestra.

MUSIC Combinations 1:

Camille Saint-Saens, Dying Swan

MUSIC Combinations 2:

Antonio Vivaldi, Winter from the 4 Seasons

COMBINATIONS 1: step/moves that are introduced ---

Choreography: A combination put to music.

Attitude : Position in which the dancer stands on one leg with the other extended to the back or front, with the knee raised to 90 degrees and the corresponding arm lifted.

Développé: A movement in which the working leg is drawn up to the knee of the supporting leg and slowly extended to an

open position *en l'air* and held there with perfect control. The hips are kept level and square to the direction in which the dancer is facing.

Circular Port De Corps: Carriage of the body. Circular stretch meant to warm up the torso, back, hamstring, and arms.

Temps Lie': Purpose is to shift from one working leg to the other to connect steps. Begins in a *tendu* and rolls into a *plie'* in 4th, then shifts the weight of hips over to the new leg.

En Cloche: Means "like a bell". Purpose is to loosen the hip joints. Meant to be a free swinging leg without much tension. Refers to *grand battements* executed continuously *devant* (front) and *derrie're* (behind, back) through the first position.

En Dedans: inward. In steps and exercises the term *en dedans* indicates that the leg, in a position *a' terre* or *en l'air*, moves in a circular direction, counterclockwise from back to front. As, for example, in *rond de jambe à terre en dedans*.

En Dehors: Outward. In steps and exercises the term *en dehors* indicates that the leg, in a position *a' terre* or *en l'air*, moves in a circular direction, clockwise. As, for example, in *rond de jambe à terre en dehors*.

Allonge': Means "elongated", with arms stretched out as far as possible.

Pique Arabesque: *Pique* means "to prick" in French. Can be done in combination of several steps, not just *Arabesque*. Executed by stepping directly on the point or *demi-pointe* of the working foot in any desired direction or position with the other foot raised in the air.

Épaulement: Shouldering. The placing of the shoulders. A term used to indicate a movement of the torso from the waist upward, bringing one shoulder forward and

the other back with the head turned or inclined over the forward shoulder. Involves inclination or tilting of the head and arms. Includes *croise'* and *efface'*. Adds finishing touches of artistry to the dance.

Balancé: Rocking step. This step is very much like a *pas de valse* and is an alternation of balance, shifting the weight from one foot to the other.

Battu: Means "to beat." Any step embellished with a beat is called a *pas battu*.

Soutenu En Tournant: Means "sustained." Performed smoothly and slowly. *En Tournant* indicates that the body is to turn while executing a given step

Saute': Means "to jump". When this term is added to the name of a step, the movement is performed while jumping. And can be done with several steps including *passe'* and *arabesque*. Rules of jumping: Always start a jump with a *plie'*, always land in a *plie'*. Always point the toe when leaving the floor, always keep your body quiet, always land with knees over toes, and always land toe, ball, heel.

COMBINATIONS 2: step/moves that are introduced ---

Promenade (in attitude): A term of the French School used to indicate that the dancer turns slowly in place on one foot by a series of slight movements of the heel to the required side while maintaining a definite pose such as an *arabesque* or *attitude*.

Fouetté: Means "to whip." A term applied to a whipping movement. The movement may be a short whipped movement of the raised foot as it passes rapidly in front of or behind the supporting foot or the sharp whipping around of the body from one direction to another. There are a great variety of *fouettés*

Waltz Turn: Waltz steps completed with a turn.

Echappe' Saute' : Escaping or slipping movement. An **échappé** is a level opening of both feet from a closed to an open position. An **échappé sauté**, is done with a spring from the fifth position and finishes in a **demi-plié** in the open position.

Jeté: Throwing step. A jump from one foot to the other in which the working leg is brushed into the air and appears to have been thrown. There are a wide variety of **pas jetés** (usually called merely **jetés**) and they may be performed in all directions.

Emboîté (in attitude): An emboîté is a type of jeté where the dancer moves and alternates their legs in a bent position, springing from the floor into front attitudes.

Contra Temps: Counter time. Contrary step; a step from one direction that quickly changes to the other.

Pas De Bourrée En Passe': Bourree step. **Pas de bourrée** can be combined with a variety of steps.