Ms. Lisa's Ballet Dictionary
Positions of the Feet

1st Position

2nd Position

3rd Position

4th Position

5th Position
Pas de Chat

The step of the cat. This can be done with the legs in parallel or turned out. Lift one leg and jump onto it traveling side. This is like a cat pouncing on a ball of yarn. Dancers should begin and end in 1st position (or parallel).
Positions of the Arms

Arms in ballet are called “bra.” When moving the arms from one position to the next it is called “port de bra.” Here are some basic arm positions. These are the Italian positions. These are the positions that your teacher will use.

Low 5th Position: (5th en bas)
Hands hold a nest. Thumbs are the Baby birds in the nest, they are sleeping. Make space between the elbows and The body for the mother and father Birds to fly into the nest to feed their Baby birds.

Middle 5th Position: (5th en avant)
Thumbs still in or down and arms In an oval shape. Arms create a “broken table.” This slant is for “line.” The line of the arm can be seen in the arms a re at an angle to the audience. The arms must have length to them.

High 5th Position: (5th en haut)
Thumbs still in or down and arms In an oval shape over the head. The Arms are not directly over the head, but they are in front of the dancer. The dancer can see the fingers above the head.
Demi Plié: This is a bend of the knees. It can be done in all positions of the feet. The heels should remain on the floor. “Diamonds”

Elevé: This is a rise up on tip toe. The Knees remain straight and you come down With straight legs too. “Elevators”

Forced-Arch: This is a lift of the heels when You are in demi plié. “Gum on heels”

Balance: This is done on one foot or two.

Flat Back: Make your back flat like a table.
**Tendu:** This is a toe point or stretch of the Foot. The foot remains on the ground.

**Piqué:** This is a toe tap on the ground. Knees remain straight.

**Grand Port de Bra:** This is a full body bend Forward and roll up.

**Tick-Tock Clocks:** The formal ballet Term that is similar is “developé”. Touch your toe to Knee and swing leg out and in like a pendulum of a clock.
**Detiré:** Take your foot into your hand and Straighten your leg if you can.

**Retiré:** This is our “triangle” position. Our “throw your tear away” position. Toe touches the supporting knee.

**Basketball Hoop balance:** Take leg behind you And grab foot or ankle with hand. Balance.
**Grand Battement:** This is a kick. You can kick front, corner, or back.

**Sauté:** This means to jump. Point your toes!!

**Sauté in 1st:** Jumps in 1st. Start in Demi plié and point toes in the air. Finish in a demi plié.

**Sauté in 2nd:** Jumps in 2nd. Start in Demi plié and point toes in the air. Finish in a demi plié in 2nd.

**Echappé Sauté:** Jumping from 1st to 2nd. Always begin and end in demi plié.
Rocking Horse Jumps:
One foot front and one foot back. Rock forward onto front foot then onto back foot.

Ballet Skips (Temps levé):
Just like a skip but leg is to the side.

Chassé (Gallop):
Step together step.

Ballet Walks:
Walking with your toe touching the ground first, then the heel
**Gingerbread Cookie Turns:**
Formal term is Chaine Turns. Form body in a shape like a cookie. Standing on a line and flip to cook the other side of your cookie. Then continue to flip and travel the same direction.

**Arabesque Skips (arabesque temps levé):**
Alternating legs (just like a skip) but your back Leg is in arabesque.

**Bumble Bee Heads or “Spotting”:**
Spin in place while looking At a fixed object in the room.
**Up Stage:**
The area of the stage that is the furthest from the audience.

**Down Stage:** The area of the stage that is the closest to the audience.

**Center Stage:** The area in the center of the stage.

**Stage Right:** When on stage and facing the audience, the area to your right is stage right.

**Stage Left:** When on stage and facing the audience, the area to your left is stage left.

**Bra:** your arm.

**Pied:** your foot

**Jambe:** your leg