

Ballet Theory

Choregraph 16 counts using each of the following positions and steps. You may also use other steps in your arrangement – extra points if you know the meaning of the French

MATCH THE FRENCH TERMS WITH THEIR ENGLISH MEANING

plié	round of the leg
tendu	strike
degagé	melt
ronds de jambe	small beats
frappé	develop
fondu	stretch
petits battements	disengage
grands battements	bend
développé	large beats

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terms

5th position



glissade

chassé

relevé

écarté



changement

plié

tendu

Match the following positions and directions

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devant

derrière en croix

à la seconde

en avant

en arrière

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Ballet quiz

1. Name 2 brands of pointe shoes

1. _____

2. _____

2. Name 2 professional ballet dancers from 2 different countries

1. _____

2. _____

3. What does cabriole mean? _____

4. Why do we do petits battements at the barre? What do they prepare us for in the centre?

5. Which time signature do we normally use for a waltz/balancé _____

Ballet Theory

Choregraph 16 counts using each of the following positions and steps. You may also use other steps in your arrangement – extra points if you know the meaning of the French terms

- plié - bend
- tendu -stretch
- degagé - disengage
- ronds de jambe - round of the leg
- frappé-strike
- fondue-melt
- petits battements -small beats
- grands battements-large beats
- développé-develop

5th position



terms



écarté
thrown wide
apart

glissade

glide

chassé

chase

relevé

rise

changement

change

plié

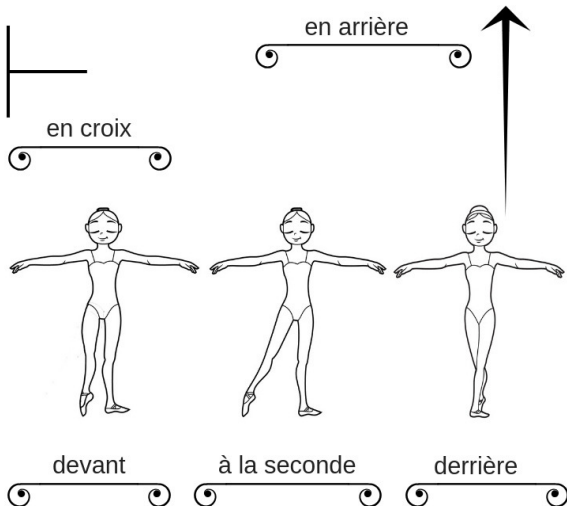
bend

tendu

stretch

Match the following positions and directions

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devant
derrière en croix
à la seconde
en avant
en arrière

Ballet quiz

1. Name 2 brands of pointe shoes

1. own answer

2. _____

2. Name 2 professional ballet dancers from 2 different countries

1. own answer

2. _____

3. What does cabriole mean? caper

4. Why do we do petits battements at the barre? What do they prepare us for in the centre?

beats/batterie

5. Which time signature do we normally use for a waltz/balancé 3/4