

# Technical Dance Terminology

- ∂ **Arabesque (ah-ra-BESK)**- balance over one foot with other leg fully extended
- ∂ **Attitude (ah-tee-TEWD)**- position of leg with proper rotation and bent knee
- ∂ **Châinés (sheh-NAY)**- chains/links
  - **Action:** rapid traveling turns done in succession
- ∂ **Chassé (shah-SAY)**- to chase
  - **Action:** one foot chasing the other foot by gliding
- ∂ **Cou de Pied (koo-duh-pee-AY)**- neck of foot
  - **Action:** position with foot to ankle connection
- ∂ **Fouetté (fweh-TAY)**- to whip
  - **Action:** raised foot passes rapidly around supporting leg in whipping action (can be turn or jump)
- ∂ **Foot Positions:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>
  - **Action:** can be parallel or rotated/turned out
- ∂ **Grand Battement (baht-MAH)**- large beat
  - **Action:** forceful sweeping lift of the leg
- ∂ **Grand Jeté (grahn zhuh-TAY)**- large leap
  - **Action:** start and ending in Plié with some sort of leg split action
- ∂ **Jeté (zjeh-TAY)**- thrown
  - **Action:** spring or leap from one foot to the other
- ∂ **Passé (pah-SAY)**- to pass / *True technical term: Retire (ruh-tih-RAY)*- retire/withdraw
  - **Passé- Action:** working leg passes the supporting leg (action confused with Retire position)
  - **Retire- Action:** position with foot to knee connection (position often confused with Passé)
- ∂ **Pas de Chat (pah duh SHAH)**- step of the cat
  - **Action:** quick, catlike, springing move from one foot to the other
- ∂ **Pirouette (peer-oo-ET)** - to whirl
  - **Action:** complete turn / spin of the body on demi pointe of one foot
- ∂ **Piqué (pee-KAY)**- to prick
  - **Action:** sharp step in any direction
- ∂ **Plié (plee-AY)**- to bend
  - **Action:** Knee to bend over second or third toe
- ∂ **Port de Bras (por duh BRAH)**- carriage of the arms
  - **Action:** movement coming from scapula
- ∂ **Relevé (ruhl-e-VAY)**- to rise
  - **Action:** typically, from Plié to balance on ball of foot
- ∂ **Sauté (soh-TAY)**- to jump
  - **Action:** spring from both feet ending in the same position



“The positions give movements their expressive power. That’s why ballet is so specific: to provide channels for the body’s natural energy.” The Ballet Book *ABT Nancy Ellison*

# Content / Effect Concepts

**Aesthetic experience** – satisfaction, closure, purpose, empathy, mood, artistry, abstraction, contrast

**Amplitude**- a sense of giving the movement to the audience, allowing your heart to extend beyond your fingertips

**Dance Syntax**- dance language, the manner in which movement can be meaningfully combined; syntactic arrangement

**Delicacy**- graceful presentation, sense of airiness and weightlessness

**Dynamism**- performer tackles steps with adrenaline, exciting, charging the space and movement with propulsive purpose

**Elements of Dance**- Centering, Gravity, Balance, Posture, Gesture, Rhythm, Moving in space, Breathing

**Expressiveness**- whole body, eyes, face, hands, legs; convey the choreography's emotional content

**Imitation**- conceptualizing, the choreography given

**Initiation**- Where the movement origins and the reverberation/flow from the initial start point

**Musicality**- fundamentally intertwined music and dance, dancers ability to embody the music's internal rhythms with his or her steps accenting the notes and vice versa

**Non-verbal communication**- new sequences of movement and gesture created by performer and understood by the audience

**Organic**- the natural flow of the body from position/movements into the next position/movement

**Purity**- movement is executed cleanly, without any sloppiness or gaps

**Spacing**- movements use the space established, framework for movement

**The makeup**- enhances the performers expressiveness

**The costume**- allowing complete mobility and enhances the theme

*"Dance is social, psychological, economic, political, communicative behavior.*

*Dance is a physical instrument or symbol for feeling and thought."* K.Dean