NYT Ballet Vocabulary by Level

Pre Ballet Ballet 1 Ballet 2 Ballet 3 Ballet 4

POSITIONS

1st, 2nd, 4th position of feet
1st, 2nd, 3rd position of arms
B+
En face - front
Sur le cou de pied - on the nape of the neck
Retiré - to withdraw
Arabesque - 1st

3rd, 5th position of feet
4th crossed and open arms
4th lunge
Croisé - crossed
Écarté - separated
Sou sous - over/under
Demi pointe
Arabesque - 1st and 2nd

Effacé - shadowed
Arabesque - 1st, 2nd and 3rd
Attitude - devant and derrière

MOVEMENT

Plié - to bend (small only)
Demi - small
Tendu - to stretch
Relevé - to rise
Elevé - to elevate
Dégagé - to disengage (also taught as battement tendu jeté)
Piqué - to prick
Rond de Jambe - round of leg
Battement - to beat
Ballet Walks
Chassé - to chase
Gallop
Skip
Spring Pointes
Sauté - to jump
Echappé - to escape
Polka
Jeté - to throw (grand)
Grand - large
Balancé
Waltz (triplet)
Temps lié - connected movement
Embôité (pony) - box step
Révérance

Plié - (small and big)
Frappé - to strike
Développé - to develop
Enveloppé - to envelop or infold
Cambré - to arch
Soutenu - sustained turn
Coupé - to cut
Pirouette - to whirl from 5th
Pique to demi pointe - prick to ½ point
Assemblé - to assemble
Glissade - to glide
Jeté - to throw (petit)
Soubresaut - sudden spring
Pas de bourrée - step of little runs
Pas de Chat - step of little cat
Fondu - to melt
Sissonne
Tombé - to fall

En Cloche - like a bell
Passé - to pass
Pas de Cheval - step of the horse
Chaines - to link, chain
Waltz (en tournant)
Balance (en tournant)
Pirouette - en dehor from 5th and 4th
Pique en tournant - to prick turning
Temps levé - time raised
Saut de chat - jump of the cat

Serré - tight and closed movement
Petit Battu - little beats
Petit Battement - small beat
Frappe doublé - to strike twice
Penché - to lean, inclining
Promenade - to walk the promenade
Pas de Basque - step of the Basque
Royal - royal
Entrechat quatre - interwoven 4 times
Pirouette en dedan - to whirl inside from 5th and 4th lunge
Step Over - inside pique turn
Contretemps - countertime
Grand Fouetté - large whip (jump not turn)

Pas de bourrée en tournant - step of little runs turning
Pas de poule - step of the chicken
Fouettés en tournant - whip turning
Temps de cuisse - time of the thigh
Sissonne Changé - sissone changing
Entrechat trois - interwoven three times
Balloné - ball like, bounding step
Balloté - tossed
Manèges - circular
Saut de Basque - jump of the Basque (people group)

Grand Tour Jeté - big turning throw

DIRECTIONS

Devant - to the front
A la seconde - to the side
En Dehor - outside
En Dedan - inside
A terre - on the ground

En Croix - move in the shape of a cross
Derriére - to the back
En avant - to travel body forward
En arrière - to travel body backward
De Côté - sideways
En tournant - to travel body turning
Fermée - to close
Ouvert - to open

En l'air - in the air
Dessus - over
Dessous - under

À gauche - to the left
À droite - to the right

PHRASES/COMBINATIONS

Grapevine
Chassé ball change
Chassé Chassé Step Step Jeté
Chassé Sauté Passé
Chassé Sauté Arabesque
AIAP - polka
Kick Ball Change- change of weight

Tombé Pas De Bourrée
AIAP - polka with ½ turn
*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVELS

8 body facings as tendu combination
All phrases from pre ballet/level 1 with arm coordination added cleanly
*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVELS

Zig Zags - tombé pas de bourrée glissade saut de chat contretemps R/L
*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVELS

Pas de bourrée en tournant inside and outside, 2 pirouettes en dedan from 5th
*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVELS

CONCEPTS

Adagio - the ability to move slow, fluid and controlled
Butterflies - Thumb to middle of third (ballet fingers/hands)

Spread toes - both while sitting but on tippy toe
Ankle - flex and pointe
Sickling
Rectangle/square of core - shoulder shoulder hip hip
Relationship to the ballet barre with two hands - how close to stand, elbow placement and hand placement
Personal Space/Box
Numbering corners/walls
Alignment of the body - head, shoulders, hips, knees, toes
Triangle of the foot - big toe, pinky toe, heel
Midline of the body - draw imaginary marker down from head to feet
Flat back while sitting
Leg Heights - 2", 45 degrees
Windows - this is a spacing concept that will help class structure/choreography
Rows - look left and right for you row - another spacing concept that will help class structure/choreography
Weight Shifting - 1 foot to the other
Spotting - "my nose is the last thing to leave and the first thing to arrive" facing mirror
Inner thighs - open and close (this is actually movement from the hip joint but present the inner thigh)
Isolations - understanding that one body part can move while the others remain still

Relationship to ballet barre with one hand- how close and placement of elbow in relationship to ribs
Sitting verses Lifting
Standing Leg and Working Leg
8 body facings introduced
1 to 1 foot jumps
1 to 2 foot jumps
2 to 1 foot jumps
Pushing with entire foot for jumps - not letting heel pop
Turn out and rotation from hips
Turning toward the barre between combinations
Knowing "formula" for closing front or back in tendu side
Leg Heights - introduce 90
Core engage/transversus (spider web)
Introduce Transverse Plane (horizontal plane)
Allegro - petit, medium, grand
Upstage/Downstage - for spacing and choreography
¼ marks and center - for spacing and choreography

*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVEL

Winging the foot
Dynamic Focus
Neutral Pelvis
5th must be "equal" - 45 degrees or less
Inside and outside ⅛ marks - for spacing and choreography
Weight shift and placement on one leg - hip joint over arch of foot, watch rectangle that it doesn't lean
Isolations - more focus on stillness of the body while one part is moving (ex. En cloche, rdj)
Connective Tissue - 5th to retiré
Power of coordination arms with legs for jumps

*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVELS

Allegro steps can travel en avant and en arrière/dessus and dessous
Brief introduction of Vaganova, Cecchetti in the styles of frappe/petit battement
Extension - begins at 91 degrees

*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVELS

Traveling in circle - follow outside shoulder or person in front of you - important for choreography

*REVIEW AND CLEAN ANYTHING FROM PREVIOUS LEVELS

STRETCHING AND STRENGTHENING

bridge
rocking horses
arabesque prep stretch
bugs for core
feet circles
splits - side
splits - front one leg
frogs
hamstring stretch
butterflies
cat stretches

Ballet stretch at the barre
REVIEW ABOVE

Ballet stretch at the barre - with relevé and lifting leg correctly in positions
One arm stretch assisting leg to front, side and back
REVIEW ABOVE

REVIEW ABOVE

REVIEW ABOVE