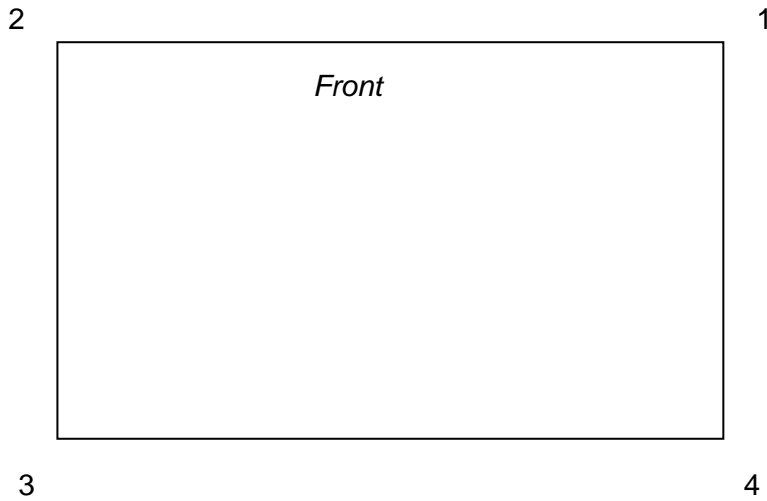


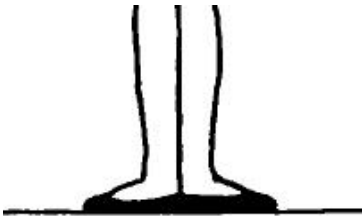
Grade 1

Theory:

- Four corners of the room



- 1st, 2nd and 3rd positions of the feet



1st position



2nd position



3rd position

Basic steps:

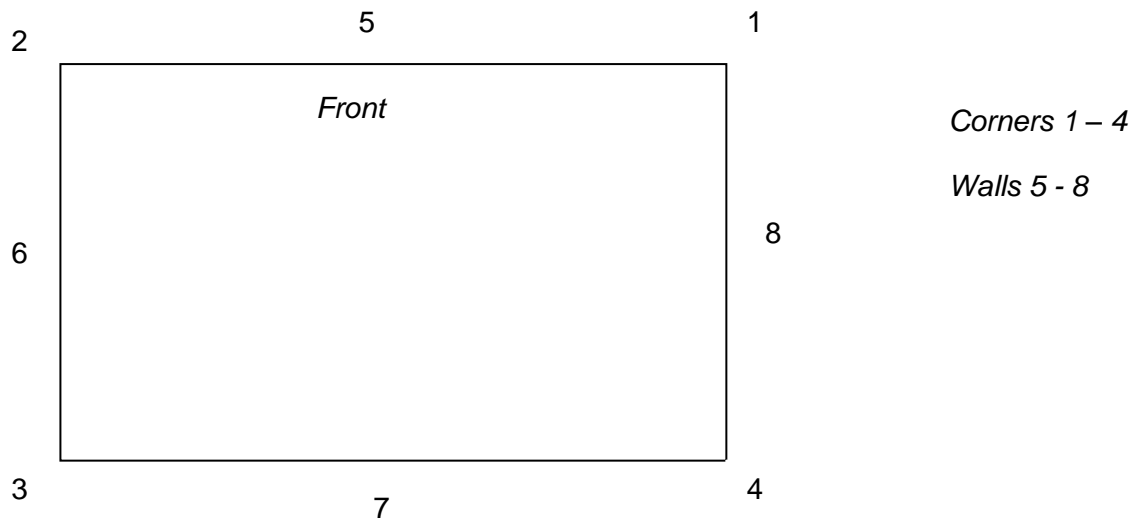
- Echappé sauté from 1st
- Sideways gallops
- Simple sideways polka
- Sauté in 1st
- Spring points
- Step temp levé

Grade 2

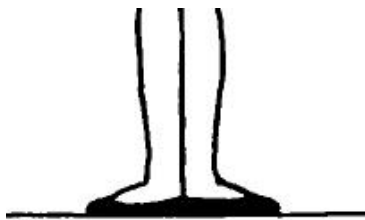
(Students should know the theory and basic steps from the previous grade)

Theory:

- Eight points of the room



- Five positions of the feet



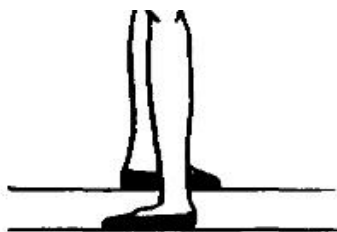
1st position



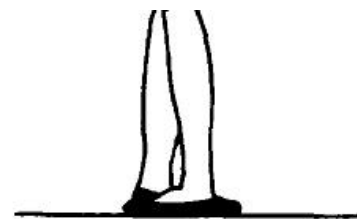
2nd position



3rd position

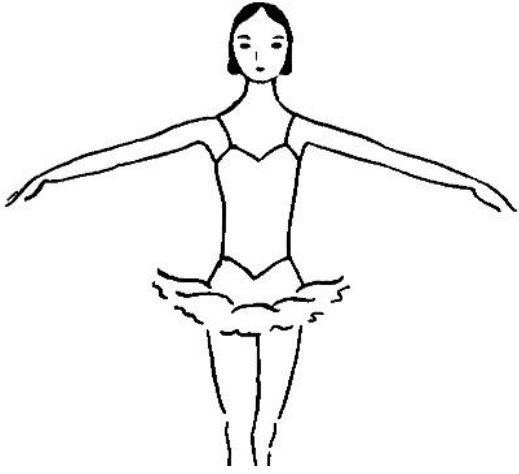


4th position



5th position

- Arm positions: 2nd, 5th en bas, 5th en avant and 5th en haut



Second



5th en bas



5th en avant



5th en haut

Basic steps:

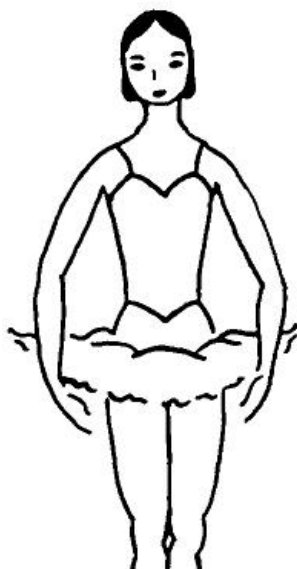
- Balletic polka forwards and sideways
- Changement
- Forward gallops
- Échappé sauté from 3rd
- Pas de chat
- Petits jetés devant and derrière
- Temps levé

Grade 3

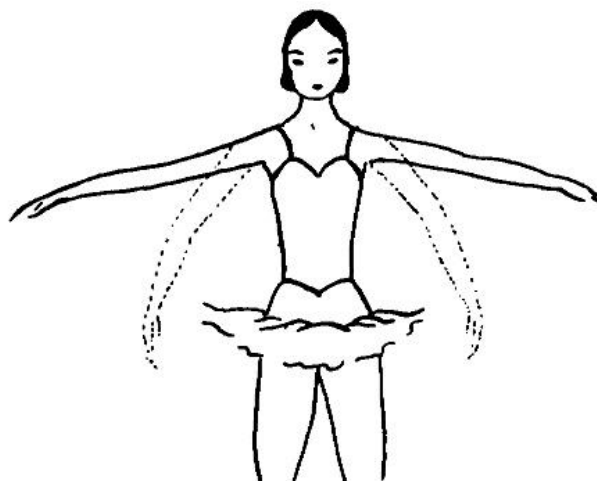
(Students should know the theory and basic steps from the previous grades)

Theory:

- Arm positions: 1st and demi- seconde

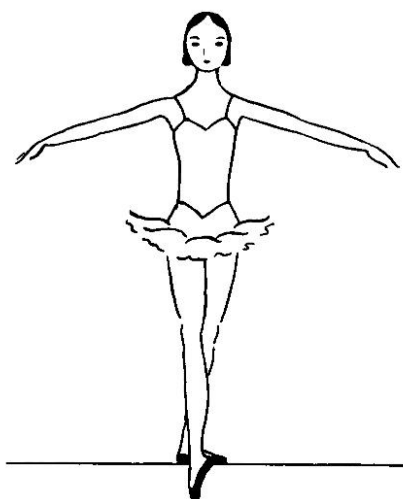


First

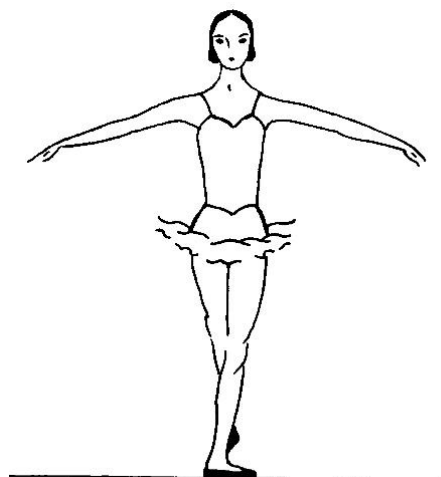


Demi-seconde
(dotted arm outline)

- Positions of the body: à la quatrième devant, à la quatrième derrière and à la seconde



À la quatrième
devant

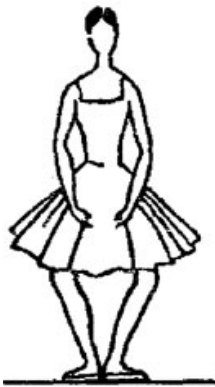


À la quatrième
derrière

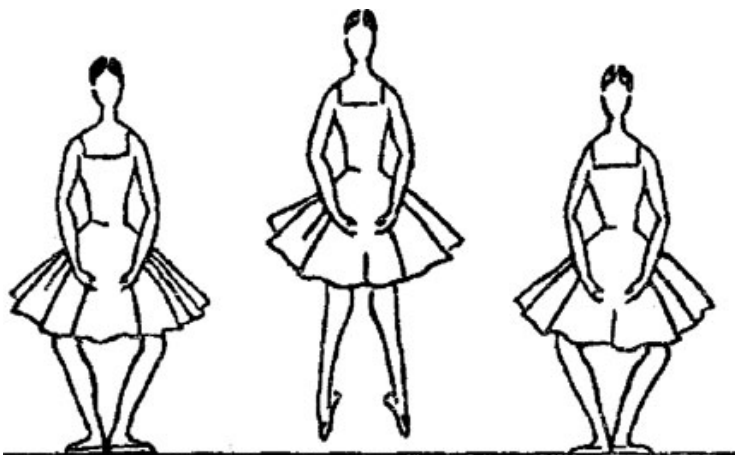


À la seconde

- Movements in dance and their meaning: plié and sauté



Plié to bend



Sauté to jump

Basic steps:

- Assemblé dessus and dessous taken soutenu and de suite
- Balancé sideways
- Chassé en avant
- Sprung coupé dessus and dessous
- Jeté dessus and dessous
- Pas de bourrée dessous soutenu and de suite
- Posé coupé
- Posé en avant

Grade 4

(Students should know the theory and basic steps from the previous grades)

Theory:

- Five positions of the head:
 - Erect
 - Raised
 - Lowered
 - Turned
 - Inclined
- Arm positions: 4th en avant and 4th en haut



4th en avant



4th en haut

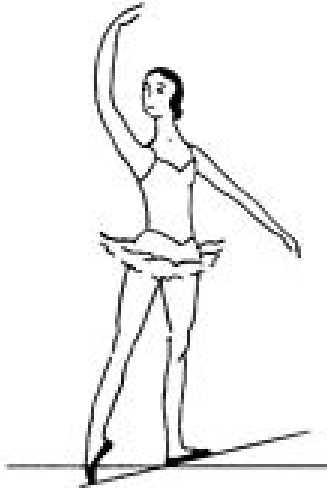
- Positions of the body: croisé devant - Meaning Crossed in front, croisé derrière – Crossed behind and écarté – Meaning thrown apart



Croisé devant



Croisé derrière



Écarté

- Movements in dancing and their meaning:
 - Étendre to stretch
 - Relever to rise

Basic steps:

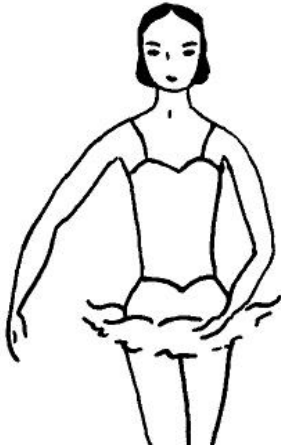
- Chassé coupé en avant
- Échappé sauté closing with a beat
- Glissade devant and derrière
- Sissone en avant fermée soutenu and de suite
- Soutenu turn en dedans

Grade 5

(Students should know the theory and basic steps from the previous grades)

Theory:

- Arm positions: 3rd



3rd position

- Positions of the body: épaulée: Means Shouldered



épaulée

- Movement in dancing and its meaning:
 - Glisser to glide
- Arabesques: 1st, 2nd and 3rd



1st
arabesque



2nd
arabesque



3rd
arabesque

Basic steps:

- Balancé en avant and en arrière and en tournant
- Entrechat quatre
- Glissade change
- Pas de bourrée dessus soutenu
- Sissonne en avant ouverte
- Sissonne en arrière fermée soutenu and de suit
- Soubresaut

Grade 6

(Students should know the theory and basic steps from the previous grades)

Theory:

- Positions of the body: efface – Means Shaded



Effacé

- Movements in dancing and their meanings:
 - Élaner to dart
 - Tourner to turn
- Arabesques: 4th and 5th (both taken on a fondu)



4th arabesque



5th arabesque

- Attitudes: croisée and efface

Basic steps:

- Assemblé en avant
- Assemblé elancé dessus
- Demi-contrtemps
- Entrechat royale
- Grand jeté en tournant and en avant
- Pas de bourrée devant and derrière
- Pas de bourrée couru
- Posé développé
- Posé tour
- Sissonne fermée dessus (arms en bas)
- Soussus

Intermediate Foundation & Intermediate

8 Points of the room – 4 corners & 4 walls

- discussion of theory and purpose of the 8 points of the room
 - aids in communication between teacher/choreographer and student/dancer
 - helps dancer to orient herself in space
 - aids in spotting
 - discussion of the 'dancer's box' and how each dancer should face her own
 - corner as opposed to the corner of the room or stage

Positions of the feet

- 1st
- 2nd
- 3rd
- 4th open
- 4th crossed
- 5th

Positions of the head

- Erect
- Inclined
- Turned
- Raised
- Lowered

Positions of the arms

- 1st
- 2nd
- demi 2nd for adage & allegro
- 3rd
- 4th en avant, 4th en haut
- 5th en bas, 5th en avant, 5th en haut
- 3rd in opposition, 4th en avant in opposition, 4th en haut in oppositions
- 5th en avant open, 5th en haut open or offering

Basic Body Positions

- à la quatrième devant
- à la quatrième derrière
- à la seconde

All Body Positions

- à la quatrième croisé devant
- à la quatrième devant
- écarté

- effacé
- à la seconde
- épaulé
- à la quatrième derrière
- à la quatrième croisé derrière
- écarté derrière
- effacé derrière

Movements in dancing

- plier (to bend)
- sauter (to jump)
- relever (to rise)
- étendre (to stretch)
- glisser (to glide)
- élancer (to dart)
- tourner (to turn)

Arabesques

- 1st (en l'air)
- 2nd (en l'air)
- 3rd (en l'air)
- 4th (en l'air)
- 5th (en l'air)

Attitudes

- attitude effacé devant
- attitude effacé derrière
- attitude croisé devant
- attitude croisé derrière with croisé derrière arms
- attitude croisé derrière with Mercury attitude arms
- attitude croisé derrière with attitude ordinaire arms (4th en haut in opposition)

Correct movements of the foot

- pied à terre (flat)
- à quart (1/4 pointe)
- à demi (1/2 pointe)
- à trois quart (3/4 pointe)
- à pointe (full pointe)
- fully extended
- sickled outwards
- flexed (for character dance)

Incorrect movements of the foot

- sickled inwards
- clenched

Theory of Port de Bras

- this includes several points and should be discussed with maturity and confidence not as though recited from memory
 - builds strength through the back and arms, arms are carried through the back
 - uses positions and movement from and through positions
 - should use the gate (5th en avant) to give greater depth to the movement
 - co-ordination of arms, head, and eyes (and legs when appropriate)
 - arms should complement legs, (eg demi-2nd with an assemblé over and 2nd with an assemblé élançé)
 - balance of line
 - arms may have to move at different speeds to arrive together, particularly in 2nd and 4th port de bras
 - anticipation, particularly in 1st and 3rd port de bras
 - continuous movement, showing positions without stopping in them
 - port de bras allows for the beauty and style of choreography and dancer and when done well can convey messages and emotions as well as line and strength

French Terms (Intermediate)

Positions/ Directions in Dancing

- la barre - the bar
- en bas – low
- en haut - high
- en avant – forward
- devant – front
- en arrière – backwards
- derrière – behind
- à la quatrième - to the fourth
- à la seconde - to the second
- de côté - to the side
- en dehors – outwards
- en dedans – inwards
- autour de la salle – around the room
- en diagonale - on a diagonal
- en croix - in the shape of a cross
- croisé – crossed
- ouverte – open
- fermé – closed
- dessous – under
- dessus – over

- écarté - thrown open
- effacé – shaded
- épaulé – shouldered
- retiré - to withdraw
- arabesque - a position in dance
- cou de pied- neck of the foot
- attitude - a position of the body taken from the statue of Mercury

Movements in Dancing

- plié - to bend
 - étendre - to stretch
 - relevé - to rise
 - tourner - to turn
 - sauté - to jump
 - glissade - to glide
 - élancer - to dart
-
- tendu - to stretch
 - dégagé - to disengage
 - rond de jambe - round of the leg
 - frappé - to strike
 - développé - to unfold
 - fondu - to melt
 - chassé - to chase
 - détourné - turned aside
-
- port de bras - carriage of the arms
 - temps lié - time linked
 - pirouette - to whirl
 - fouetté - to whip
 - petit tours - small turns
 - grand preparation – large preparation region in France
 - pas de basque – step from the Basque
 - tour en l'air- turn in the air
-
- jeté - to throw
 - assemblé - to assemble
 - coupé - to cut
 - changement- to change
 - échappé - to escape
 - temps levé - time lifted
 - pas de chat - step of the cat
 - pas de bourée - step of the stuffed
 - demi-contretemps - half against time
 - ballonée - balloon-like
 - brisé – broken
 - cabriole - to caper (to leap playfully)

- posé - to pose
- courru - to run
- soussus - under – over
- balancé - to balance
- sissone - a jump named for the Count of Sissone, to scissor
- soubresaut - sudden leap or bound
- batterie - beaten step
- entrechat – braided
- entrechat quatre - braided four times
- royale – royal
- entrechat royale - braided royally
- entrechat trois – braided 3 times

- reverence - gracious bow

Qualities of Dancing

- adage - slow movement
- allegro - quick movement
- demi – half
- grand – big
- petit - small
- battement – beating
- à terre - on the ground
- enchainement - linked together
- en l'air - in the air
- soutenu – sustained
- de suite – continuously

Basic Head Rules

- coupés, jetés, and temps levés - the head inclines to the **foot that you land on**
- pas de chat - the head is **turned over the arm**; the neck is lengthened and the eye line is extended down and away from the body
- pirouettes - the head is **the last to leave** and the **first to arrive** (spotting)
- assemblés - as the brushing leg comes from the **back to the front**, the head **inclines towards it**; as the brushing leg comes from the **front to the back**, the head **inclines away from it**
- pas de bourrées and glissades - the head **inclines to the foot that finishes in front**
- balancés de côté, chassés à la seconde, and pas de bourrée ouverte - the head **inclines to the leading foot**

Basic Adage movements (Intermediate) – demonstrated in the Adage Enchainement

- Dégagé en tournant à terre

- Fouetté of adage en l'air
- Developpé en tournant

Basic Allegro (Intermediate)

- Petit Allegro
 - sauté in 1st position
 - changement
 - soubresaut
 - échappé sauté à la 2nd
 - petit jeté sur le cou-de-pied derrière
 - petit jeté sur le cou-de-pied devant
 - temps levé devant from one foot
 - temps levé devant from two feet
 - temps levé derrière from one foot
 - temps levé derrière from two feet
 - assemblé dessus (over)
 - assemblé dessous (under)
 - assemblé devant
 - assemblé derrière
 - assemblé en avant
 - assemblé élané de côté
 - brisé dessus
 - jeté dessus (over)
 - jeté dessous (under)
 - coupé dessus (over) from straight leg
 - coupé dessous (under) from straight leg
 - coupé dessus (over) from cou de pied
 - coupé dessous (under) from cou de pied
 - chassé en avant
 - balancé de côté
 - balancé en avant
 - balancé en arrière
 - posé to 5th
 - posé to retire
 - posé coupe
 - posé to arabesque
 - posé developpé
 - glissade devant
 - glissade derrière
 - glissade dessus (over)
 - glissade dessous (under)
 - glissades en avant and en arrière
 - gallop side
 - gallop forward
 - polka – party polka
 - polka – balletic polka side (jumped)
 - polka – balletic polka forward (jumped)
 - polka – balletic polka forward (stepped)
 - spring points devant

- pas de chat (in Gr. 2 arms 4th en avant in opposition/after Gr. 3 arms in pas de chat)
- ballonné simple écarté de côté (arms to demi-2nd)
- ballonné simple effacé en avant (arms 4th en avant)
 - *On all ballonnés simples, the foot may be either stretched or relaxed on the

- Grands Allegro
 - sissonne en avant fermé
 - sissonne en avant ouverte
 - sissonne en arrière fermé
 - sissonne en arrière ouverte
 - sissonnes dessus and dessous
 - grand jeté en tournant
 - grand jeté en avant
 - demi-contretemps
 -

- Batterie
 - entrechat quatre
 - échappé sauté closing with a beat
 - entrechat royale
 - échappé battu (beating out and in)
 - entrechat trois devant and derrière

- Pas de Bourrée
 - pas de bourrée dessus (over)
 - pas de bourrée dessous (under)
 - pas de bourrée devant
 - pas de bourrée derrière
 - pas de bourrée courru (bourrées)
 - pas de bourrée en avant, en arrière, en dehors, and dedans
 - pas de bourrée ouvert to 2nd position
 -

- Turns
 - posé tours
 - petits tours
 - soutenu turn