

Grade One Theory

<u>French Name</u>	<u>Phonetics</u>	<u>Meaning</u>
Demi-plie	Demee Plee-ay	Half Bend
Battement Tendu	Bat-mon Ton-doo	To stretch
Grands Battements	Gron Bat-mon	Large throw of leg
Devant	De-vong	Front
Derriere	De-ree-air	Back
A La Seconde	Aah-la-se-cond	Side
Ports de Bras	Por-du-brah	Carriage of the arms
Poise	Poise	Upheld position of the head and neck
Saute	So-tay	To Jump
Echappe Saute	Esha-pay So-tay	Jump where feet escape from underneath body
Spring Points	Spring Points	Small jump from one foot to the other – landing one leg in demi-plie and other leg in a Battement Tendu
Petits Jetes	Pet-tee Jet-ays	Small jump from one foot to the other – landing one leg in demi-plie and other foot pointed behind with bog toe connecting with the bas of the calf
Picked Up Runs	Picked Up Runs	A three step running movement, in the rhythm of 1 and 2