

Primary 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
Devant	De-vong	Front
Fondu	Fon-doo	To bend
Demi - Pointe	Demi-Point	Half Pointe
Ports de Bras	Por-du-brah	Carriage of the arms
Saute	So-tay	To Jump
Stork Walks	Stork Walks	Stepping forward on one leg and holding the other leg bent and pointed to the knee – mimicking a stork (for balance)
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
Skip change of Step	Skip change of Step	Polka rhythm in 2/4 time with a gallop on each leg