

Grade 1 Ballet Terminology

All previous grade plus

Battements = beating movements

Tendus = stretched

Glisse = gliding

Retire = to draw up

Grand = large

Devant = in front

Derriere = behind

Demi-pointe = on half pointe

Bras = arms

Bas = low

Allegro = fast or quick

Glissade = a gliding movement-always ending in a demi plie

Changements = a jump changing feet

Pose = step

Temps leve = hop

Enchainements = an amalgamation of steps