

	Word in French	How to say it	What it means	What it is
	Demi-Pliés	Deh-Me-Plee-Ays	Half bend/ Little bend	
	Pliés	Plee-Ays	Bend	
	Demi	Deh-me	Half	
	Bras	Bra	Arms	
	Demi-Bras	Deh-me Bra	Half arms	Arm position halfway between Second position and Bras Bas
	Dégagé	Duh-Gah-Jay	Stretch and point your foot	
	Devant	Duh-Vonn	Front	
	Derrière	Deh-Ree-Air	Back/ Behind	
	Bras Bas	Bra Bar	Arms down	Arm position with curved low arms
	Battements	Bat-Monn	Beats	
	Tendus	Ton-Due	Stretch	
	Battements Tendus	Bat-Monn Ton-Due	Beat and Stretch	Stretch your leg and point your foot and then close back to 1 st /3 rd position
	Grands	Grond	Big	
	Grands Battements	Grond Bat-monn	Big beats	Lift of the leg that comes back down
	Port de Bras	Poor Duh Bra	Movement of the arms	
	Posé	Po-Zay	Step	
	En avant	On A-vonn	Travelling forwards	
	En arrière	On Ah-ree-air	Travelling backwards	
	Fondus	Fonn-Due	Melt	Bending the supporting leg
	Retiré	Ruh-Teer-Ray	Draw up	Draw up the foot to touch the side of the knee of the other leg making a flag shape with your legs
	Passé	Pah-Say	Pass	
	Adage	Ah-darjh	Slow movements	

Word in French	How to say it	What it means	What it is
Glissade	Gli-Sard	Slide	Sliding step where you slide the foot to second position, transfer the weight to that foot and then slide the other foot in
Sautés	So-Tays	Jumps	
Soubresauts	Soo-Ber-So	Jump where the feet join together in the air to make a pencil shape	
Relevé	Reh-Luh-Vay	Rise	From a plié you quickly rise up on to your toes and then come back down into a plié
Échappé	Ay-Sha-Pay	Escape	
Échappé Sauté	Ay-Sha-Pay So-Tay	Escaping jump	Jumping from 1 st or 3 rd position into second position
Petits	Pet-E	Little/Small	
Jetés	Jeh-Tays	Throw	
Petits Jetés	Pet-E Jeh-Tays	Little throws	Small springs changing feet picking the foot up in line with the ankle. Can be Devant or Derrière .
Changements	Shondge-Monn	Jump that changes feet (From 3 rd with right foot front to 3 rd with right foot behind)	
Assemblé	Ah-Somm-Blay	Assemble	Swishy jump
Enchaînement	On-Shay-Monn	Chain of ballet steps	

Key:

Green – Need to know Yellow – Should learn Red – Could learn