

Grade 4 Exam Theory

THEORY

Movements in Dancing: Plié to Bend [Pronounced: Plee-ay]

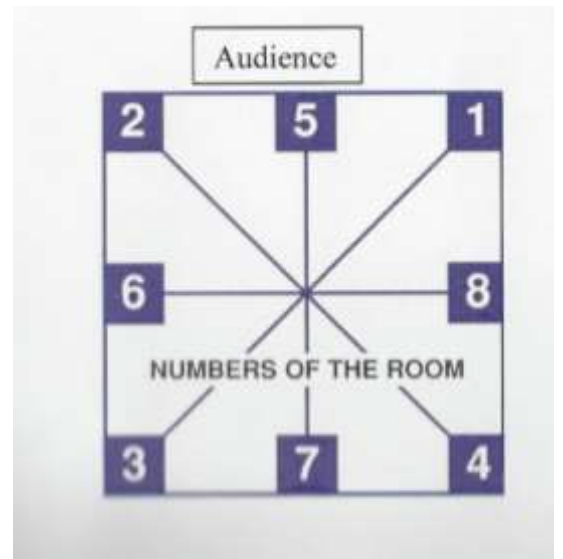
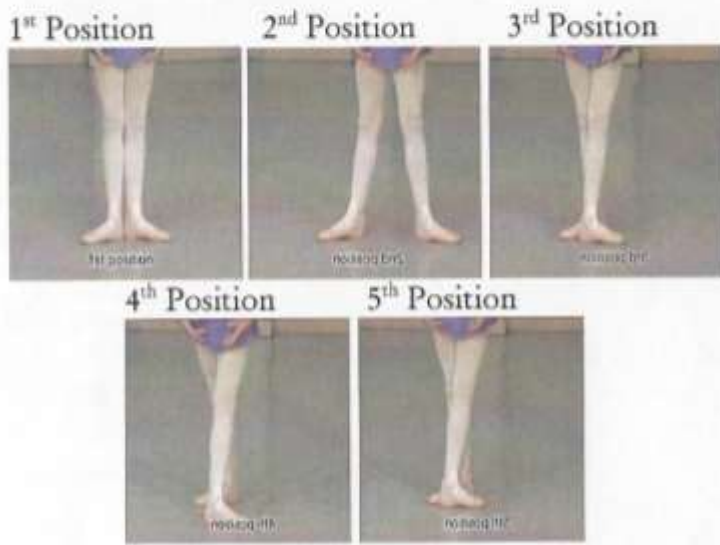
Étendre to Stretch [Pronounced: Ay-tohn-dray]

Relevé to Rise [Pronounced: Rah-le-vay]

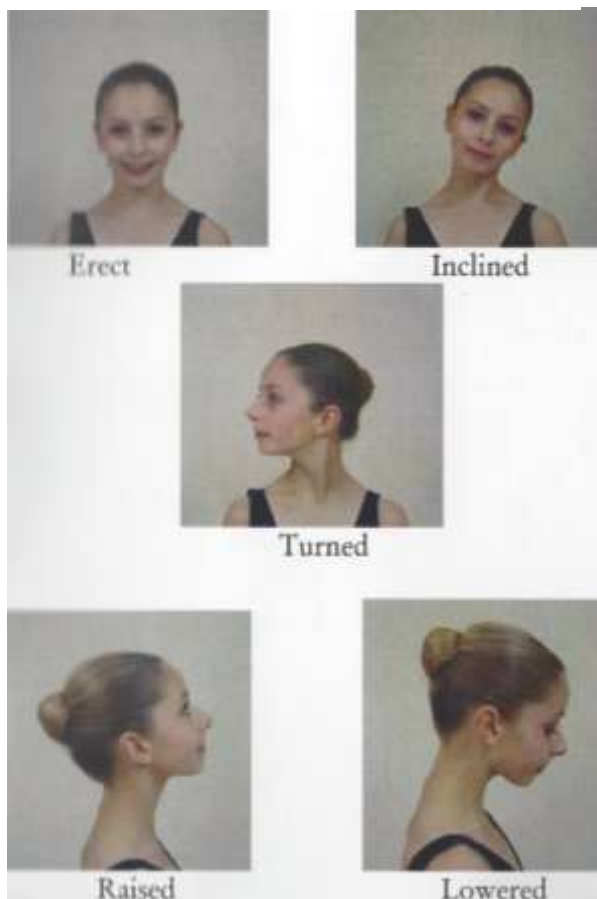
Glisser to Glide [Pronounced: Gle-say]

Sauté to Jump [Pronounced: Sow-tay]

Five positions of the feet



POSITIONS OF THE HEAD

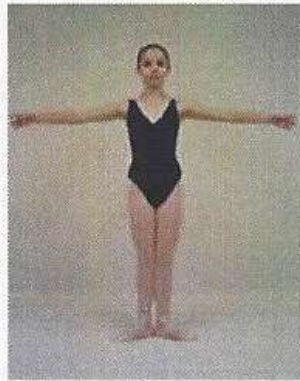


ARABESQUES



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ARM POSITIONS



2nd



demi 2nd for allegro



4th en avant



4th en haut



5th en bas



5th en avant



5th en haut

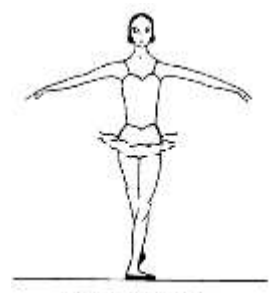
BODY POSITIONS



À La Quatrième Devant



À La Seconde



À La Quatrième Derrière



Croisé Devant



Écarté



Croisé Derrière

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WORDS TO KNOW

Devant [duh-vahn]: Front

En Avant [on-avahn]: Forward

Derrière [deh-re-air]: Back

En Arrière [on a-re-air]: Backwards

Soutenu [soot-nu]: To show a stretch and a bend after a jump

De Suite [duh-sweet]: Continuous/series of jumps one after the other

STEPS TO KNOW

Sauté [soh-tay]: Jump in 1st position (Can be shown 'Soutenu' or 'De Suite')

Changements [shon-shmon]: Jump changing feet in 5th (Can be shown 'Soutenu' or 'De Suite')

Èchappé Sauté [ay-sha-pay soh-tay]: McDonalds 'M' in 5th position changing feet (Can be shown 'Soutenu' or 'De Suite')

Èchappé Sauté closing with a beat: Jump to second and close beating the foot front and closing behind

Pas de Chat [par-duh-shah]: Jump from 5th position starting with the back foot (Can be shown 'Soutenu' or 'De Suite')

Assemblé [a-som-blay]: To assemble the legs together (Can be shown over or under 'Soutenu')

Pas de Bourrée under [par-duh-ber-ray]: start with the leg extended to the side. Behind, side, front

Pas de Bourree Over: Start with the leg extended to the side. In Front, side, behind

Balancé Sideways [balance-ay]: Shown sideways. Down, up, up.

Balancé en Avant & en Arriere: Shown forward to the corner with 1st arabesque arms and backwards facing the front with arms 5th en bas

Chassé en Avant to pointe tendu derriere: Bend, slide forwards, stretch and show a pointe behind

Chassé en Arriere to pointe tendu devant: Bend, slide backwards, stretch and show a pointe in front

Posé Coupé [Po-zay Coo-pay]: step up on one foot, then pointe that foot forward as you lower down on the other foot on a bend

Glissade Devant: Glissade from the front foot and the head inclines over the front foot

Glissade Derriere: Glissade from the back foot and the head inclines over the front foot

Sissonne [see-sown]: Jump off 2 feet landing in a small arabesque and closing back into 5th position

Jeté Over: Like an assemblé over but you land with the back foot at the ankle bone

Jeté Under: Like an assemblé under but you land with the front foot at the ankle bone