**THEORY**

**Positions of the feet:** 1st 2nd 3rd 4th 5th

**Positions of the head**: Erect (Straight), Turned (Turn the head to either side), Inclined (Tilt the head to either side), Raised (Look at the roof) & Lowered (Look at the floor)

**Positions of the Arms:** 5th en bas [5th on bar] - Low

 5th en avant [5th on ah-vont] – In front

 5th en haut [5th on ‘O’] - High

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

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

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

**Arabesques [A-ra-besk]: Foot on the floor** 1st Arabesque & 3rd Arabesque

**Body Position:** A la quatrième devant A la Seconde A la quatrième derriere  **[ka-tree-em]**

**8 Points of the Room:**

**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’)

**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

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

**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