**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

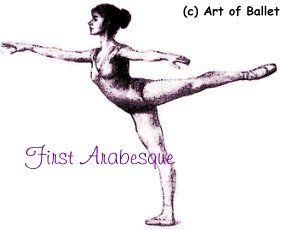
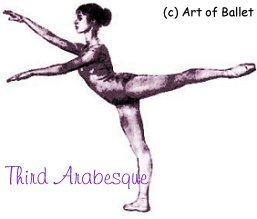
5th en avant [5th on ah-vont] – In front

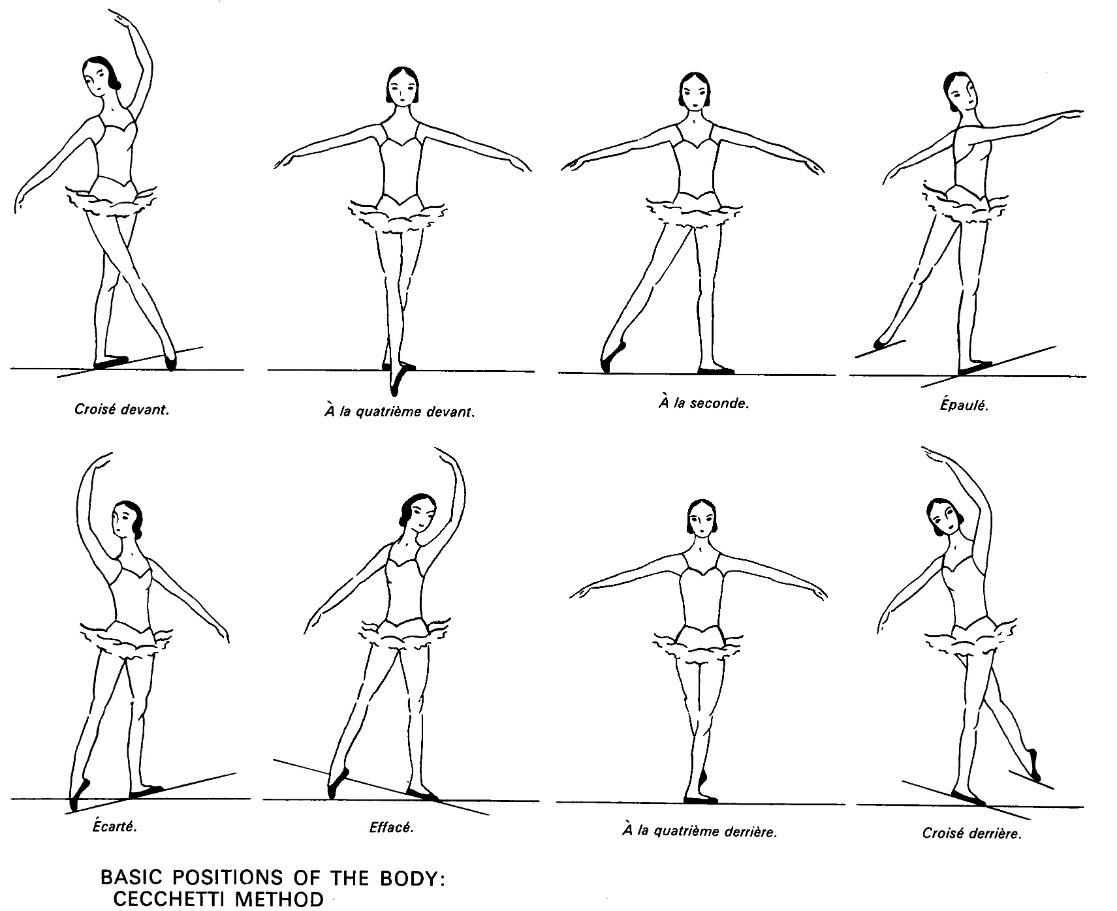
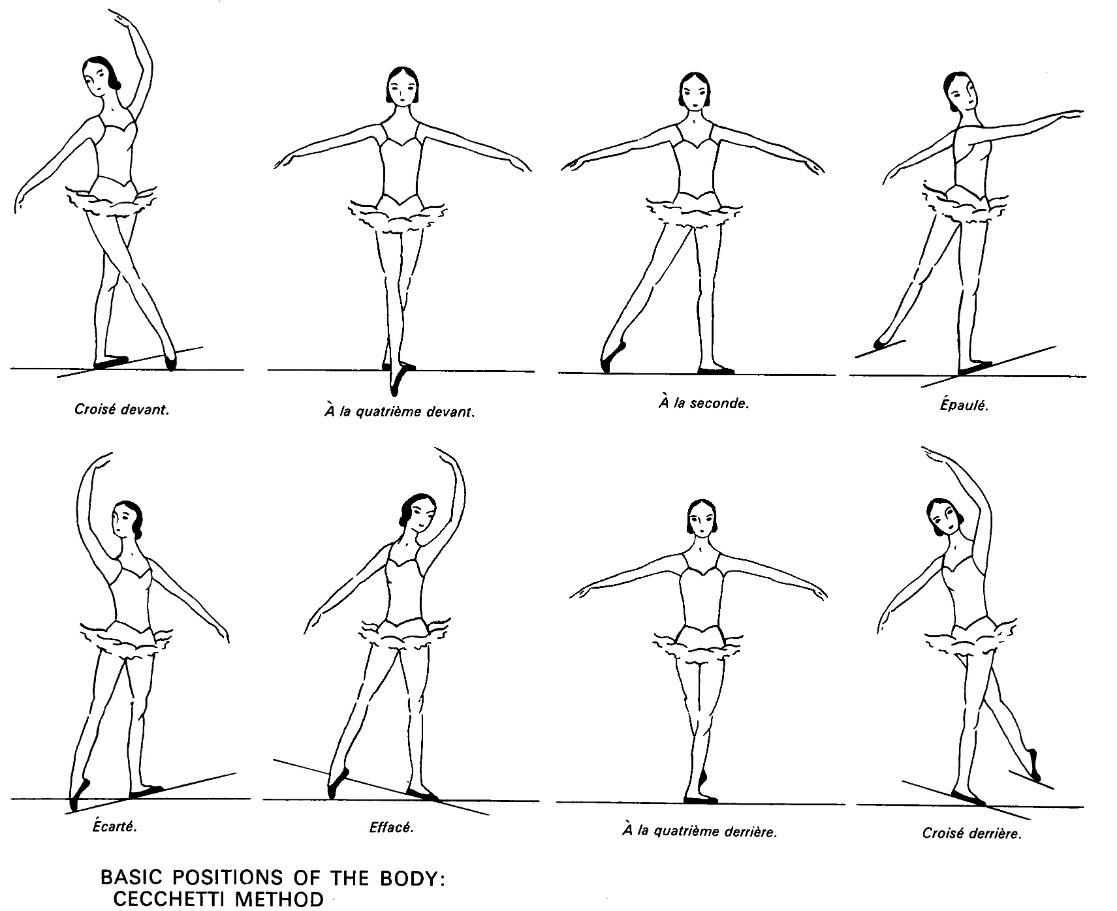
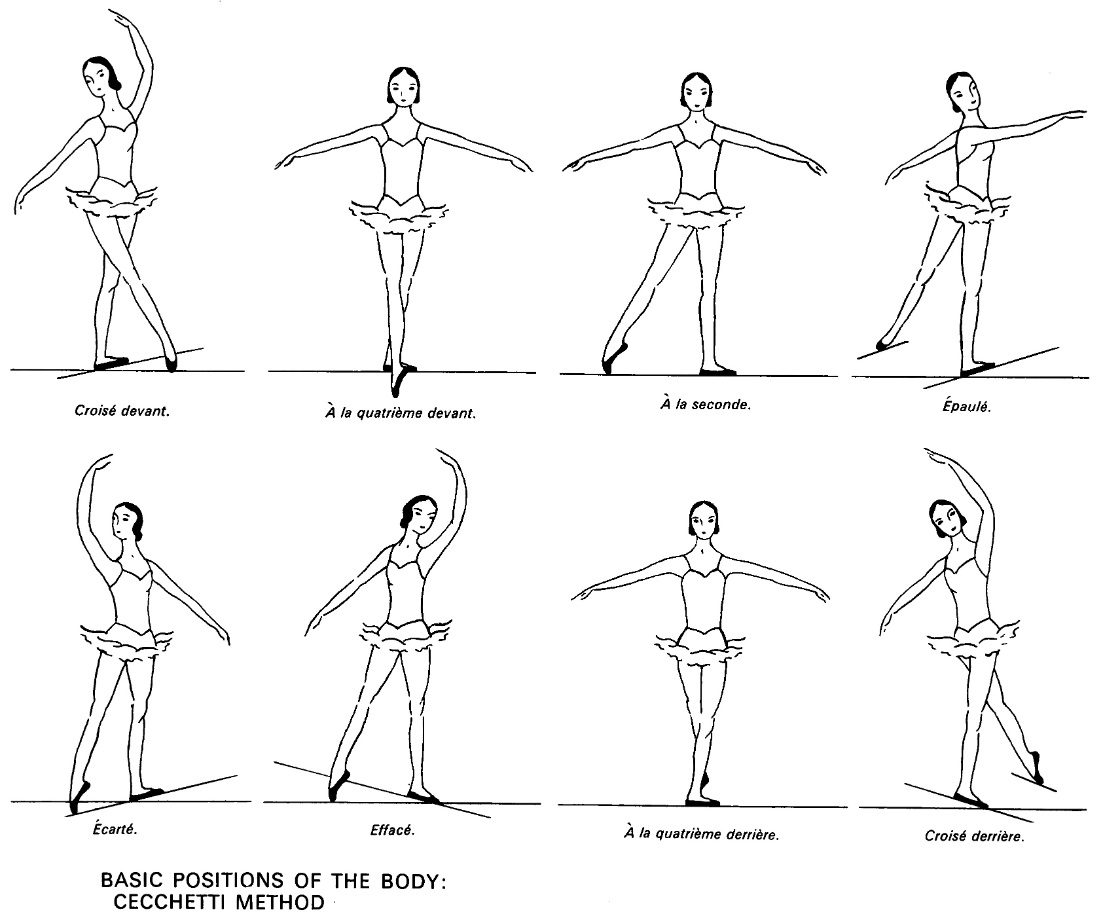
5th en haut [5th on ‘O’] - High

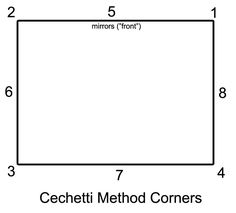
**Movements in Dancing**: Plié to Bend [Pronounced: Plee-ay]

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

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

[](https://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi7p9TjoqrSAhVBFZQKHUuzAz0QjRwIBw&url=https://www.pinterest.com/fsdance/dance-graphics/&bvm=bv.148073327,d.dGc&psig=AFQjCNGUq1_HkuKHkGAnlBps7roW1vjvEw&ust=1488078561219847)[](https://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjI-OjRoqrSAhWBjJQKHaRyCx4QjRwIBw&url=https://www.pinterest.com/pin/413275703276223269/&bvm=bv.148073327,d.dGc&psig=AFQjCNGUA7MImr9UHamScymviITXh1gcXQ&ust=1488078517181932)**Arabesques [A-ra-besk]: Foot on the floor** 1st Arabesque & 3rd Arabesque

[](https://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjdp5SIpKrSAhVCHJQKHc-KBxEQjRwIBw&url=https%3A%2F%2Fballetclassroom.wordpress.com%2Fbasic-positions-of-the-body-cecchetti-method%2F&bvm=bv.148073327,d.dGc&psig=AFQjCNHzPTU1nBVtyOa_CzyXB6JcddjmLQ&ust=1488078880828378)[](https://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjdp5SIpKrSAhVCHJQKHc-KBxEQjRwIBw&url=https://balletclassroom.wordpress.com/basic-positions-of-the-body-cecchetti-method/&bvm=bv.148073327,d.dGc&psig=AFQjCNHzPTU1nBVtyOa_CzyXB6JcddjmLQ&ust=1488078880828378)**Body Position:** A la quatrième devant A la Seconde A la quatrième derriere  **[ka-tree-em]**

**[](https://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjxqZ-_mKrSAhXIw7wKHdC8A1QQjRwIBw&url=https://www.pinterest.com/pin/144326363036880351/&psig=AFQjCNEEkES71W-sz6FEw75yFrrBQD71pw&ust=1488075779155163)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