

THE FIVE BASIC BALLET POSITIONS

ARMS AND FEET



1ST POSITION



2ND POSITION



3RD POSITION



4TH POSITION



5TH POSITION

MOVEMENTS

MAY BE PRACTICED IN EACH OF THE POSITIONS.



demi plié
[doh-ee plee-EE] HALF BEND



grand plié
[grahnd plee-EE] FULL BEND



elevé
[el-ee-VEE] LIFT LEG



relevé
[rel-ee-VEE] RISE



sauté
[saw-TEE] JUMP



tendu
[tan-DEE] STRETCHES



coupé
[koo-pee] CUT



passé
[pah-SEE] PASSAGE



glissade
[glis-sayd] SLIDE



pirouette
[peer-oo-ET] SPIN, OR TURN

Combination Ballet Steps Guide

RJ Alexander



Combination Ballet Steps Guide:

The Oxford Handbook of Contemporary Ballet Kathrina Farrugia-Kriel, Jill Nunes Jensen, 2021 Features viewpoints from dance scholars critics choreographers and dances Highlights contributions from choreographers around the globe Includes a significant range of cultural and historical contexts in the late twentieth and early twenty first centuries Book jacket

Dance Teaching Methods and Curriculum Design Gayle Kassing, Danielle Jay-Kirschenbaum, Danielle Mary Jay, 2021 Dance Teaching Methods and Curriculum Design Second Edition presents a comprehensive model that prepares students to teach dance in school and community settings It offers 14 dance units and many tools to help students learn to design lesson plans and units and create their own dance portfolio *Home Study Course of Dancing and Body Building: Tumbling, back bends, splits. 2d ed* Aron Tomaroff, 1925 **The American Dancer**, 1940 **Fairchild's**

Designer's/stylist's Handbook Debbie Ann Gioello, 1980 Includes line drawings of fashion details for women s clothing

Bibliographic Guide to Dance, 1996 Dance Collection Nypl, Thomson Gale, 1997-07 *Atkinson's Evening Post, and Philadelphia Saturday News*, 1924 **A Guide to Modern Opera** Esther Singleton, 1909 Journal of Physical Education, Recreation & Dance, 1981 **Introducing Children to the Arts** Lea Burroughs, 1988 Bibliographies for aspects of the arts architecture art dance music poetry story and theatre accompanied by workshop ideas for use in children s library programs

Journal of Health, Physical Education, Recreation, 1935 **Dictionary Catalog of the Research Libraries of the New York Public Library, 1911-1971** New York Public Library. Research Libraries, 1979 **Dance**, 1945 **The Community Theater Handbook** Gary Philip Cohen, 2003 A comprehensive guide to the many details involved in setting up and maintaining a successful community theater regardless of size **Dance Magazine**, 1961 **The Publishers Weekly**, 1914 *Arts & Decoration*, 1921 **Modern Music**, 1928 The Musician, 1926 **Musical Observer**, 1925

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