

Seven Lakes High School  
Dance Class 2<sup>nd</sup> Six Weeks  
Vocabulary 1

**Foot Positions:**

First  
Second  
Third  
Fourth  
Fifth

**Basic Ballet Arm Positions:**

1<sup>st</sup> position – both arms are forward in front of the body  
2<sup>nd</sup> position – both arms are to the side  
3<sup>rd</sup> position – one arm in first and one arm in 2<sup>nd</sup>  
4<sup>th</sup> position – one arm is in first position and one arm in 5<sup>th</sup>  
5<sup>th</sup> position – both arms above the head

**General Vocabulary:**

Alignment  
Attitude (Position/Turn)  
Battement/Grande Battement  
Centering  
Chaine Turn  
Chasse  
Demi  
Flex  
Focus  
Grande  
Grande Jete (Brush/Developpe)  
Glissade  
Parallel  
Pas de bouree  
Pas De Chat (bent legs and 1-straight leg)  
Passé  
Pivot Turn  
Pique Turn  
Pirouette Turn  
Plie  
Point  
Projection  
Releve  
Ronde Jambe  
Splits  
Spot/Spotting  
Turn-out  
Tendu  
Port de Bra