

BALLET THEORY

GRADE ONE

PLIE	A Bending of both knees
DEMI	Half
DEGAGE	To Release the foot from a closed to an open position
TENDU	To Stretch
DEVANT	In front
DERRIERE	Behind
GRANDE	Large
A LA SECONDE	To the second position
PETIT	Small
JETE	To throw the weight of the body from one foot to the other
SAUTE	To Spring
ECHAPPE'	To escape
CURTSEY OR BOW	To say "Thank You"

