**Dance I Study Guide**

**Jazz & Ballet Terminology**

* Attitude- A pose in which one leg is raised in back or in front with knee bent, usually with one arm raised.
* Battement- A large kick
* Chaine- A two step turn, a chain of links
* Chasse- Step together step, used to travel (to chase)
* DEGAGE- To disengage the foot
* Isolation- Movement of one body part keeping the rest of the body still
* Pas de bouree- Done in either jazz or ballet- the jazz definition of the first step crosses behind the leg, the second step is quick and third is a lunge.
* Passe- A position of the legs where the foot on one leg touches the knee of the other and also to pass through. This may be either parallel or turned out.
* Pirouette- A complete turn of the body executed on one leg; the working leg is placed with the foot in posse.
* Plie- to bend
* Releve- To rise on your toes
* Spotting- The fixing of the eyes on one spot as long as possible during turns to avoid dizziness and to keep one's orientation.
* Tendu- To point or stretch

**Positions of the Feet**

(In Jazz, feet are positioned parallel. In Ballet, the feet are turned out. )

Jazz

* First Position: Feet together
* Second Position: Feet parallel, shoulder width apart
* Fourth Position: Often used to prep for a turn





 1st Position 2nd Position 4th Position

 Ballet

* FIRST POSITION: The balls of the feet are turned out completely. The heels touch each other and the feet face outward
* SECOND POSITION: The balls of both feet are turned out completely, with the heels separated by the length of one foot. Similar to first position, but the feet are spread apart
* THIRD POSITION: One foot is in front of the other with the of the front foot touching the middle of the back foot
* FOURTH POSITION: The feet are placed the same as third position, but one step apart.
* FIFTH POSITION: With both feet touching, the toes of each foot reaches the heel of the other



 1st Position 2nd Position 3rd Position 4th Position 5th Position

**Stage Directions**

