

ABSTRACT:	To take the essence or essential meaning of an idea rather than a literal imitation.
ACCENT:	An increase in stress, emphasis, or intensity within movement count.
ALIGNMENT:	Placement of body parts.
ALLEGRO:	A fast, lively tempo.
ARABESQUE:	One leg supports the body, other leg is extended behind body.
ASSEMBLE:	(ah-sahn-BLAY) Taking off from one foot and landing on two (both) feet.
ASYMMETRICAL:	Not balanced in the conventional sense of exact correspondence or balanced proportion.
ATTITUDE:	(ah-tee-TEWD) A position on one leg, the free leg is lifted in a forward, sideward, or backward direction with the knee bent at an angle and higher than the foot.
AXIAL:	A movement around a stationary axis, non-locomotor or staying in one place.
BALANCE:	(ba-lahn-SAY) A step starting in first of fifth position; leap lightly to one side landing in demi-plie'.
BALL CHANGE:	A quick transfer of weight from one foot to another.
BATTEMENT:	(bat-MAHN) A controlled movement of the leg in which a straight leg is lifted from the hip and returned to the floor.

BEAT:	The basic unit of a rhythmic measure.
BODY WAVE:	A sequential movement of the body starting with the knees and moving through the hips, abdominal, chest, and head.
CAMEL WALK:	Pedaled movement. Roll up to the ball of one foot, transfer weight to the other foot, the knee is bent.
CHASSE':	(sha-SAY) A gliding movement (step, close, step).
CHANGEMENT:	(shahnzh-MAHN) A scissor-like action of the legs where the feet change position.
CHOREOGRAPHER:	To make up or create a dance or combinations.
CHOREOGRAPHY:	Person who creates combinations or entire dances.
CHOREOGRAPHY:	The composition of a dance.
COLLAPSE:	A sinking movement involving the release of tension as a whole.
CONTAGION:	A ripple action; movement is passed from one dancer to another.
CONTRACTION:	A muscular tension that produces a shortening of body parts
COUPE':	(koo-PAY) A small intermediary step done as a preparation or impetus for some other step.
DANCE HANDS:	Hands soft--pretend to hold an egg with the thumb and middle finger.

DEGAGE' :	(day-ga-ZHAY) Passing through the tendu position, the foot slightly disengages from the floor.
DEMI:	Means small movement.
DEVELOPPE':	(dayv-law-PAY) A movement in which the working leg is drawn up then extended. It can be done in any direction.
DIAGONAL:	Three or more girls lined at an angle.
DIG:	Step without weight transfer.
DIMENSION:	The relative size of movement or of the space.
DOUBLE STAG:	A leap with both legs in a bent position.
DOWNSTAGE:	A direction to indicate movement toward the audience.
DYNAMICS:	Shading in the amounts of energy, intensity of power; subtle variations in the treatment of movement contrasts.
ELEVE':	(ay-LEV) A gradual rising onto the balls of the feet, a controlled rise.
EXTENSION:	An elongation or lengthening of the body or any of its parts.
FAN KICK:	Straight leg kick which crosses in front of the supporting leg and circles around to other direction. A lift kick circling 360 degrees.
FLEA HOP:	Sliding hop directly to the side.

<i>FLEX KICK:</i>	A kick which the foot passes the supporting knee first and then fully develops until the leg is straightened.
<i>FLEXED FEET:</i>	Ankles in a flexed position so that the toes are pulled back toward the body.
<i>FLEXION:</i>	A bending movement; a contraction of muscles around a joint that brings two body parts closer together.
<i>FLOOR PATTERN:</i>	A imaginary line of path in space taken by the dancer as they move from place to place.
<i>FOCUS:</i>	The Concentration on a fixed or moving point in space; indication of a fixed or moving point or object in space by the direction of movement or gaze.
<i>FOUETTE':</i>	(fweh-TAY) Lift one leg and hop while turning, the leg stays in the air until after the hop.
<i>GRAND BATTEMENT:</i>	Grand (meaning large) Battement (meaning beating). A Lifting movement of the free leg from a forward, sideward, or backward position. Also called a high kick.
<i>GRAND:</i>	Means large movement.
<i>GRAND JETE':</i>	(zhuh-TAY) A leap usually obtaining height and distance.
<i>GRAPEVINE:</i>	A weaving movement; step- side-back-side-front; depending on where you want to start.
<i>HALF TOE:</i>	Position of the foot with the heel off the ground with the weight on the ball of the foot.
<i>HEAD SNAP:</i>	Head turns sharply to one side or the other.
<i>HEAD TILT:</i>	Head moves to side with the face in a forward direction as if you were trying to put the ear towards the shoulder.

HEEL DIG: Place heel forward with the ankle flexed; this movement takes no weight.

HITCH KICK: Starting from a passe, jump back on the passe leg and kick the other leg.

HOOK: A parallel passe where the foot is lifted to the supporting knee.

HOP: Jump off floor on one foot and landing on the same foot.

HYPEREXTENSION: Extreme arch of the back, knees or arms.

IMPROVISATION: To perform without preparation.

INTENSITY: The relative degree of force or strength; the depth of feeling or concentration.

ISOLATION: Separation of body parts. Making one body part work independently of another body part.

JAZZ HANDS: Hands open with the fingers wide spread.

JAZZ LEAP: Single stag leap.

JAZZ WALK: A walk done in demi-plie' position; the feet pointed forward with the abdominals lifted.

JETE': (zhuh-TAY) Leap; a jump from one leg to another.

JUMP: Taking off and landing on both feet.

KINESTHETIC SENSE:

An internalized awareness of body placement and movement, and awareness of the relative force and range of movement.

KNEE HINGE:

Knee bends with toe on floor and closes to supporting leg, then opens to other side.

LOCOMOTOR:

A movement through space involving a change of location.

LUNGE:

A movement where one leg is in a plie' position and the other leg is extended.

LYRICAL:

A style of dancing with a smooth flowing quality.

MODERN DANCE:

A highly individualized form of artistic expression which began as a rejection of traditional ballet concepts; there is not a single approach to technique.

MUSCLE:

A band of contractile (having the power of lengthening) tissue in the body, that affects bodily movement.

OBLIQUE:

A facing position towards a corner or diagonal.

OPPOSITION:

A position or movement in contrast to another position or movement of an opposite part of the body used to maintain balance.

PARALLEL POSITION:

Feet and knees facing forward.

PASSE':

(pa-SAY) The foot meets the knee of the supporting leg from one position to another.

PAS DE BOUREE':

(pah duh boo-RAY) A sideways movement or transition step where a person steps behind, to the side, and then steps to the front.

PEDDLE:

Changing weight from one foot to the other; the heel comes up first and the toe remains on the ground.

PENDULAR:

The type of movement which is held then released to flow back and forth in a swinging action using gravity.

PERCUSSIVE:

A movement quality which is quick and more aggressive in nature.

PETITE:

Means small movement

PIROUETTE:

(peer-WET) A turn executed on one leg and does not travel.

PIVOT TURN:

A turn in place on the ball on the foot.

PLIE':

(plee-AY) To bend the knees; DEMI: meaning small, the movement is stopped before the heels release from the floor.

POINTED TOES:

Ankle must be extended and toes follow the line.

PORT DE BRAS:

(pawr duh brah) The carriage, placement, and movement of the arms.

RECOVER:

To resume original position.

RELEASE:

The letting go of tension or energy.

RELEVE':

(ruhl-VAY) Like an elev e but executed with a spring-like action.

ROND DE JAMBE:

(rawn duh zhajn) When the leg produces a circle pattern.

RHYTHM:	The flow of movement in recurrent groupings resulting in a feeling of relationship.
SAUTE':	(soh-TAY) A jump taking off from two feet at the same time.
SISSONE:	(see-SAWN) Taking off from both feet and landing on one foot.
SOUTENU:	(soot-NEW) A turn involving two steps .
SPIN TURN:	A turn stepping on one foot and bringing both feet together as you turn.
SPOTTING:	A movement of the head in turns where the eyes are focused on a particular spot in the direction of the turn, and the head is quickly snapped back at the last possible moment to re-focus upon the same spot.
SKIP:	Consists of a step and a hop done on the same foot.
SLIDE:	Consists of a step and a drawing or dragging of the other foot.
STAGGER:	Every other girl moves forward or back.
STAG LEAP:	A jazz leap jumping from both feet and placing one leg in a bent leg position and the other leg is straight.
STRADDLE:	A position of the legs when both legs or extended out to the side.
STRETCH:	The lengthening or enlarging of a muscle.
STYLE:	A distinctive or characteristic manner of expressing an idea; a personal mode or form.

SUSPENDED:

A quality of movement that creates the impression of defying gravity; floating, effortless movement.

SUSTAINED:

Movement where energy is released equally in a smooth pattern.

SWINGING:

Tension is held, then released to flow with gravity back and forth.

SYMMETRICAL:

A balanced, even design; an even correspondence of design, space, rhythm, or position of the body.

SYNCOPATION:

A temporary displacement of the normal stressed beats of a measure.

TAG:

Additional measure or beats of music.

TEMPO:

The rate of speed at which the music is played or that the movement occurs.

TORSO:

Part of the body from the top of the shoulders to the bottom of the hips.

TENDU:

(tahn-DEW) Foot brushes; the foot brushes along the floor to a pointed foot, the knees do not bend.

**THREE STEP
TURN:**

A complete turn in a straight line, using three steps.

**TURN OUT
POSITION:**

An outward rotation of the legs, the action taking place at the hip joints.

TEMPO:

The rate of speed at which a movement occurs or in which the music is played.

TOE DIG:

Place the ball of the foot beside the supporting foot, this movement does not take weight.

TRIPLET: A three-step pattern with the accent usually on the first step.

TURNOUT: A position of the legs with the feet and knees turned outward from the hips.

UPSTAGE: A direction indicating movement away from the audience.

VIBRATORY: A group of pressive moves performed in quick succession.