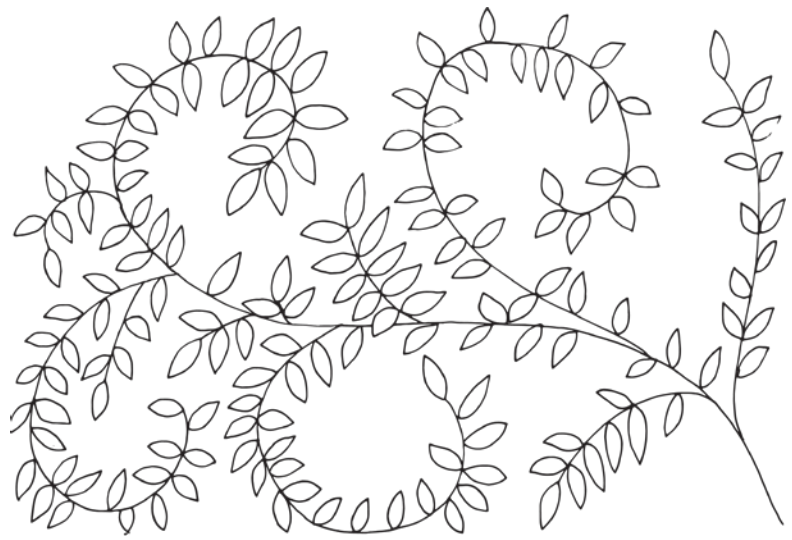
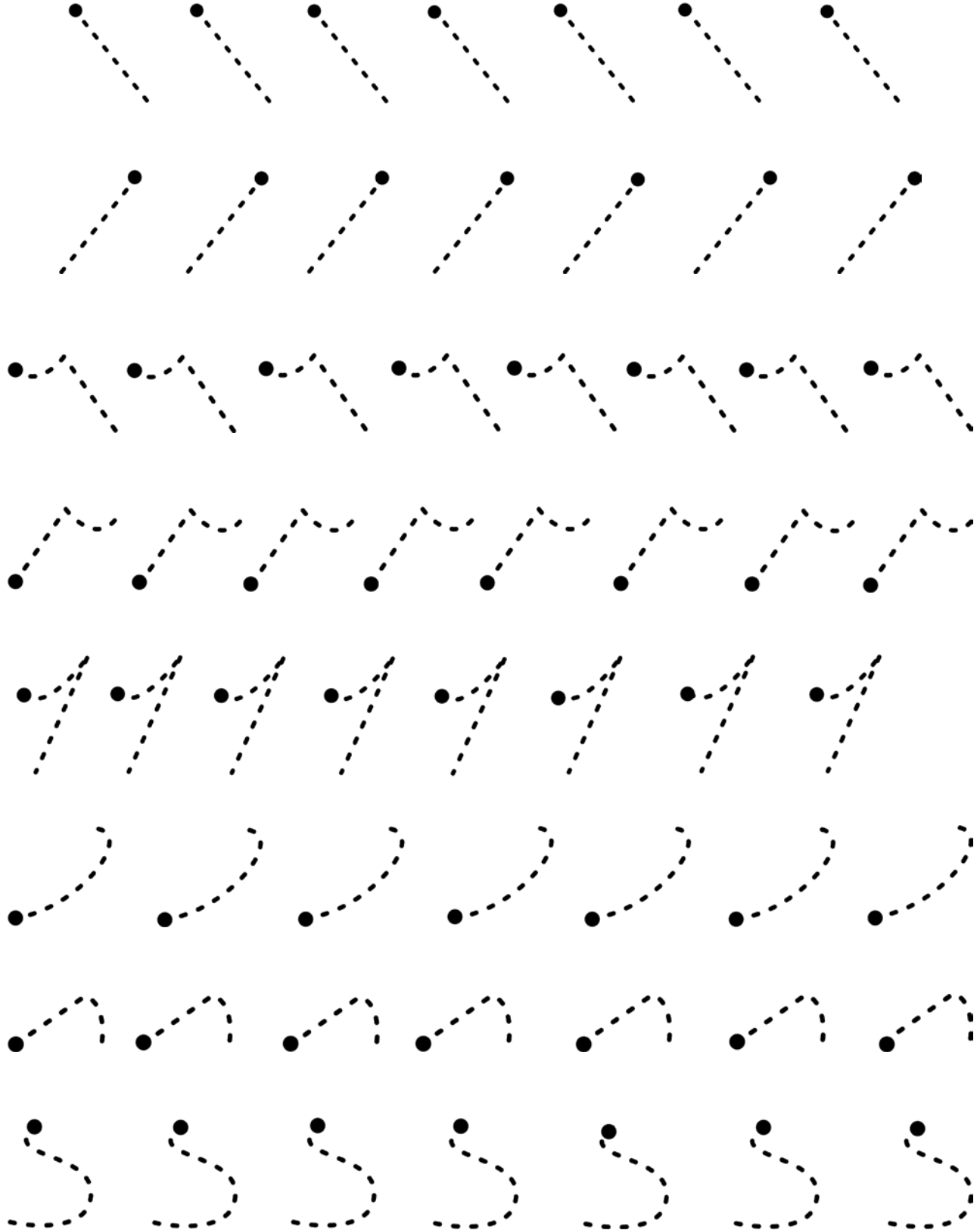


Life is better when you dance



Name: _____

Get ready to write! Trace the lines.



Get ready to write! Trace the lines.



Get ready to write! Trace the lines.



Get ready to write! Trace the lines.



Get ready to write! Trace the lines.



[a-ra-BESK]

arabesque

arabesque



[ba-lahn-SAY]

A
rocking
step

balance

balance

[sheh-NAY]

chaînés

chaînés

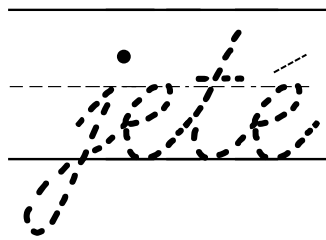
A
series
of
rapid
turns

[sha-SAY]

One
foot
chases
the
other

chassé

chassé



*grand jete - large jete
petit jete - small jete*

*Throwing step -
the working leg is
brushed into the
air and appears to
have been thrown*



[DAY-gah-ZHA]

To disengage -
lifting the working
foot off the floor
and extending it to
a pointed position
in the air

dégage

dégage



[duh-MEE-plee-AY]

demi-plié

demi-plié

Half
bent

[fawn-DEW]

Sinking down -
lowering the body
by bending the
knee of the
supporting leg

fendu

fendu

[glee-SAD]

glissade

glissade

To
glide



[pee-KAY]

pique

Pricking

pique



[peer-WET]

pirouette

pirouette

[plee-AY]

plie

*A
bending
of the
knee or
knees*

plie

[pah duh boo-RAY]

pas de bournee

pas de bournee



Raised

[ruhl-VAY]

relevé

relevé

[rawn duh zhahnb]

rond de jambe

rond de jambe

[soh-TAY]

Jumping

sauté

sauté

[than-DEW]

tendu

tendu

Stretched or extended



a b c d e f g h i

j k l m n o p q

r s t u v w x y z

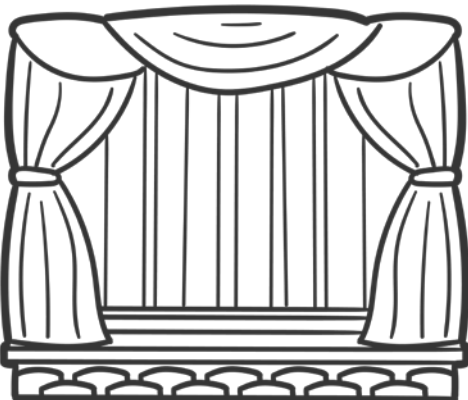


a b c d e f g h i
j k l m n o p q
r s t u v w x y z

Practice writing your name.

Name: _____

Name: _____

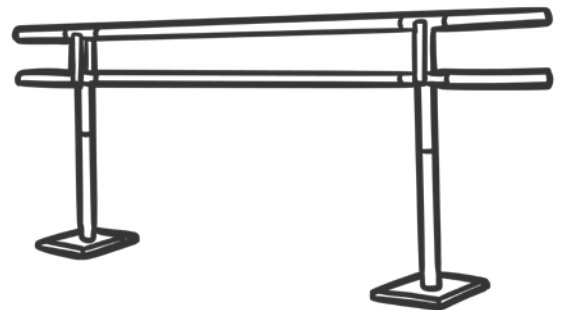


Name: _____

Name: _____

Name: _____

Name: _____



Trace and then write the words.

adagio (slow, gentle movement)

allegro (fast and lively movement)

en arrière (backward) [ah na-RYEHR]

assemblée (joined together) [a-sahn-BLAY]

en avant (forward) [ah na-VAHN]

battement (beating, closing and opening the legs)

[bat-MAHN]

en croix (in the shape of a cross)

[ahn krwah]

Trace and then write the words.

derrière (behind or back) [deh-RYEHR]

port de bras (carriage of the arms) [pawr duh brah]

retiré (withdrawn) [ruh-tee-RAY]

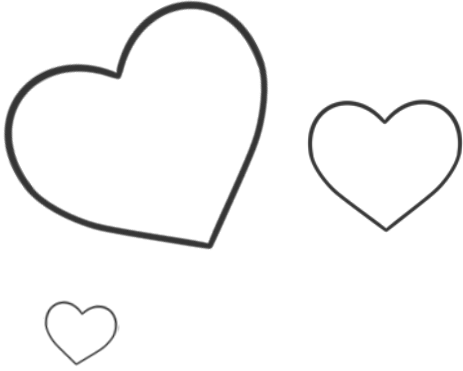
sissonne (a jump from both feet to one) [see-SAWN]

soutenu (often at the bar to switch directions)

[sou-te-NU]

tournant (turning) [toor-NAHN]

variation (a solo in classical ballet)



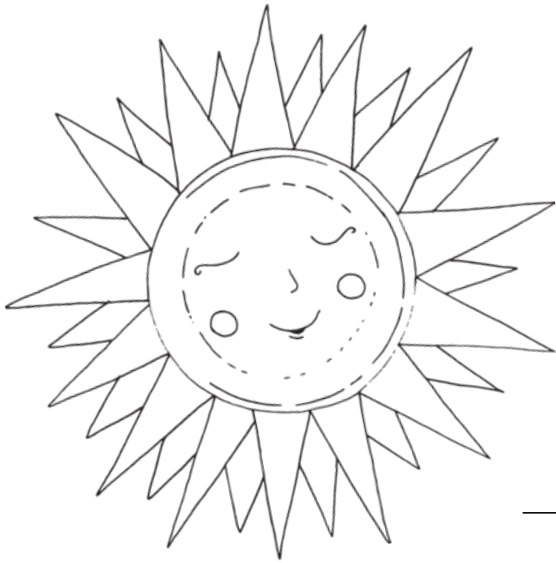
Dancing,

the dance

floor is

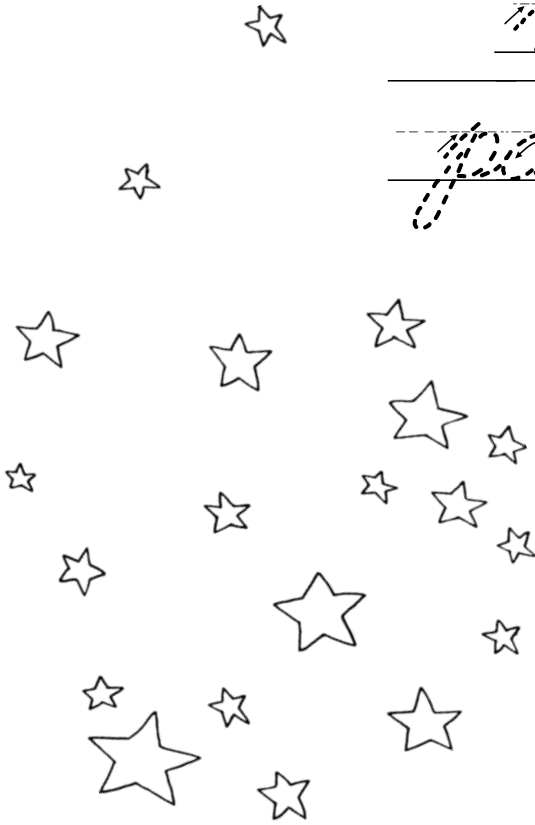
waiting.





If you
stumble,
make it

part of the
dance.



Do it for

that little

beginner who used

to watch the big girls

in their sparkly dresses

and say,

"I want

to be

like her

someday."



Line a girl the
right shoes and
she can conquer
the world.

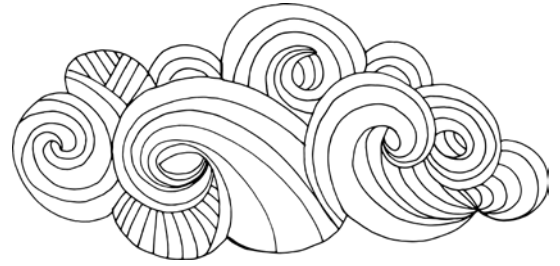
~Marylyn Monroe





And when
you get the
chance to sit
it out on
dance...
I hope you
dance.





Life

isn't

about waiting

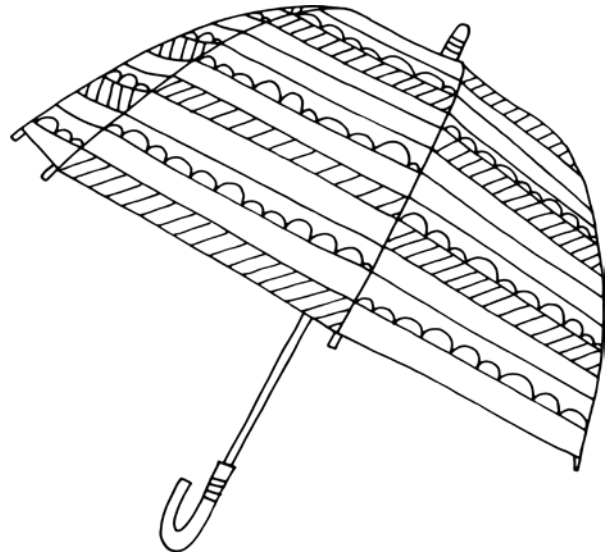
for the storm

to pass..

It's about learning

to dance in

the rain.



Ballerina

(n) Artist. Storyteller.

A person who, through hard work and countless hours, is able to dance with the utmost grace and elegance. Passionate. Dedicated.

dance

(n)

To move rhythmically, usually to music, using prescribed or improvised steps and gestures.