

DANCE TERMINOLOGY

JAZZ AND POM TERMINOLOGY

ARABESQUE- BALANCED POSE ON ONE LEG, EXTENSION OF WORKING LEG IS HELD STRAIGHT BEHIND AT 90 DEGREES

ATTITUDE- POSE IN WHICH ONE LEG IS RAISED IN BACK FRONT OR SIDE WITH THE WORKING KNEE BENT

BATTEMENT- TO BEAT. A BEATING MOVEMENT OF THE LEG A KICK FOR EXAMPLE

C-JUMP- JUMP DURING WHICH THE BACK HEAD AND ARMS ARE RELEASED AND BOTH LEGS ARE IN BACK ATTITUDE

CALYPSO LEAP- A LEAP IN WHICH THE WORKING LEG IS BRUSHED AND HELD STRAIGHT WHILE THE BACK LEG IS HELD IN ATTITUDE POSITION

CHAÎNÉS- CHAINS, LINKS. A THREE STEP TURN OFTEN PERFORMED IN A SERIES

CHASSÉ- A SLIDING STEP IN WHICH ONE FOOT CHASES AND DISPLACES THE OTHER

CONTAGION- RIPPLE THE REPETITION OF A MOVEMENT FROM ONE PERSON TO THE NEXT

CONTRACTION- A BASIC MOVEMENT BASED ON BREATH INHALATION AND EXHALATION

DISC- (TURNING TOE TOUCH)

DOWNSTAGE- THE AREA AT OR TOWARD THE FRONT OF THE STAGE

FOUETTÉ EN TOURNANT À LA SECONDE- VARIATION OF THE FOUETTE ABOVE WITH THE WORKING LEG HELD IN SECOND POSITION WHILE TURNING

ISOLATION- A MOVEMENT SEPARATING ONE PART OF THE BODY FROM THE OTHER PARTS

JETÉ- (LEAP) THROWN. A JUMP FROM ONE LEG TO THE OTHER

PASSÉ- TO PASS. THE WORKING LEG IS RAISED WITH A BENT KNEE WITH THE FOOT PLACED ON THE OPPOSITE LEG JUST BELOW THE PATELLA.

PENCHÉ- LEANING. THE WORKING LEG IS SUSTAINED AS THE UPPER TORSO LEANS AWAY FROM THE WORKING LEG

PIROUETTE-TO SPIN OR WHIRL. A TURN/BALANCE ON ONE LEG OPPOSITE LEG IS IN THE PASSE POSITION.

PLIÉ- A BENDING OF THE KNEES IN ANY OF THE FIVE POSITIONS.

PORT DE BRAS- CARRIAGE OF THE ARMS IN A RANGE OF THE MOVEMENTS AND POSITIONS BASED FROM CLASSICAL BALLET

RELEVÉ- RAISED. A RAISING OF THE BODY ON POINT EXECUTED SMOOTHLY OR WITH A SPRING TO BALANCE

SAUTÉ- JUMPING. WHEN SAUTE IS ADDED TO THE NAME OF A STEP THE MOVEMENT IS PERFORMED WHILE JUMPING IN THE

SPOTTING- A TECHNIQUE USED IN TURNING WHERE THE YES ARE FIXED ON ONE SPOT AS THE BODY ROTATES.

STAGE RIGHT- PART OF THE STAGE ON THE DANCERS' RIGHT AS THE DANCER FACES THE AUDIENCE

STAGE LEFT- PART OF THE STAGE ON THE DANCERS' LEFT AS THE DANCER FACES THE AUDIENCE

SWITCH LEAP- THE SWING OF ONE LEG FORWARD THEN SCISSOR BACK, LIFTING THE BODY WHILE THE LEGS SPLIT IN THE AIR AT 90 DEGREES

UPSTAGE- AT OR TOWARD THE REAR OF THE STAGE

HIP HOP TERMINOLOGY

FREEZES AND STALLS- EMPHASIS ON HOLDING A POSITION WITHOUT MOVEMENT

HEAD SPRING- PUSHING BODY FROM HEAD AND HAND IN A HIP OVER HEAD ROTATION SPRINGING TO FEET

ISOLATION- A MOVEMENT SEPARATING ONE PART OF THE BODY FROM THE OTHER PARTS

KIP UP- NOT A FREEZE. ROLL INTO BACK KICK LEGS UP ARCH BACK AND PUSH WITH HANDS TO END STANDING OR SQUATTING

LOCKING- FUNK STYLE EXAGGERATED, HUGE MOVEMENTS FUN OUTGOING. CARTOON CHARACTER. VERY SHARP EACH MOVE LOCKS INTO PLACE.

RUBBERBAND- JUMPING FROM FEET ONTO HANDS AND BACK OF HEAD AND PUSHING BACK ONTO FEET (SIMILAR ENTRANCE OF A BACKHANDSPRING EXCEPT FULL ROTATION DOES NOT HAPPEN)