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## Fundamental Terms of Ballet

### The Parts of the Foot:

¼ pointe, ½ pointe, ¾ pointe, full pointe

### Directions of the Working Leg:

Devant (to the front), à la seconde (to the side), derrière (to the back)

En croix (in the shape of a cross: the working leg repeats a step to the front, to the side, to the back and then again to the side)

### Height of the Working Leg:

À terre (on the ground)

En l'air (in the air)

Typical leg height is either on the ground, 22.5 degrees, 45 degrees, 60 degrees, 90 degrees or above 90 degrees

### Direction of Body or Leg Movement:

En dedans (inward, towards the supporting leg)

En dehors (outward, towards the working leg)

### Directions of Movement Through Space:

En avant (moving forward)

En arrière (moving backward)

De côté (moving sideways)

En diagonale (moving in a diagonal)

En manège (as at a riding school, circular movement)

### Positions of the Foot at the Ankle:

Cou-de-pied devant

Sur le cou-de-pied devant

Sur le cou-de-pied derrière

### Seven Movements of Dance

Plier (to bend)

Étendre (to stretch)

Élancer (to dart)

Relever (to rise)

Glisser (to glide)

Sauter (to jump)

Tourner (to turn)