

Cecchetti Theory – 2015 revision

Grade 1

Positions of the feet – 1st, 2nd, & 3rd

Positions of the arms – 5th en bas and demi 2nd for allegro

Movements in dancing – plier (to bend)

French Terms (grade 1)

la barre	- the bar	en bas	- low
en avant	- forward	en haut	- high
devant	- front	derrière	- behind
adage	- slow movement	allegro	- quick movement
demi	- half	plié	- to bend
tendu	- to stretch	grand	- big
battement	- beating	port de bras	- carriage of the arms
retiré	- to withdraw	arabesque	- a position in dance
sauté	- to jump	à terre	- on the ground
échappé	- to escape	temps levé	- time lifted
reverence	- gracious bow		