



Lilly's Ballet Words

(That May or May Not Make Perfect Sense)



Arabesque (ah-rah-BESK)

Standing on one leg while the other stretches straight behind you. It looks like you're flying. It feels like you'll land on your nose any second.

Barre (bar)

The wooden rail you hold onto during warm-up. NOT a bar you can hang upside down on. (Very disappointing.)

Chassé (sha say)

One foot chases the other out of the way. Not to be confused with the way models walk. That's sashay.

En pointe (on PWANT)

Dancing on the very tips of your toes in special hard shoes. When ballerinas run, they sound like ponies—toc toc toc toc.

First position

Heels together, toes turned out like a slice of pizza. Don't do this step if you are hungry.

Grande jeté (grahn zhuh-TAY)

A big leaping jump, legs split in the air. When it works, you feel like you're flying. When it doesn't... that's what the crash mat is for.

Inky Dinky Parlez-vous

A fun phrase from a children's song. NOT a ballet word. Does NOT belong in this list.

Pas de deux (pah-duh-DUH)

A dance for two people. Luna and I made one once. It was mostly cartwheels. Mr. Paul called it 'creative.'

Pirouette (peer-oo-WET)

Spinning on one leg. You pick a point to stare at so you don't get dizzy. I once picked my teacher's nose. Stop laughing. You know what I meant.

Plié (plee-ay)

Bending your knees. Mr. Paul says it's the most important step. I say it's a matter of opinion.

Port de bras (por-duh-brah)

How you hold and move your arms. It means 'carrying of the arms' in French. I think my arms have their own ideas.

Relevé (rell uh VAY)

Rising up onto the balls of your feet. Luna does these perfectly. I wobble. A lot. It would be easier with training wheels.

Sauté (so tay)

A jump. Also, when your mom cooks veggies. So sometimes sauté belongs here... and sometimes it does not.

Tendu (tahn-DOO)

Sliding your foot along the floor until only your toes touch. Also helpful for removing gum from your shoe.