Common Ballet Syllabi
Fall 2013

DAA 2204, Section 1928-Basic Ballet Non-majors
M/W 8:45am-10:15am
Room TBA

Common Ballet Technique Syllabus
Major’s Technique: DAA 4930 All Sections (Friday Major’s Ballet)
Basic: DAA 2204, DAA 4930 Major’s Technique
Intermediate: DAA 3208, DAA 4930 Major’s Technique
Advance: DAA 4210, DAA 4930 Major’s Technique

Ballet technique is taught Monday through Friday 8:45-10:15
G-6, G-10, G-11 Nadine McGuire Theatre & Dance Pavilion
Syllabi are posted at CFA website under Student Life: HYPERLINK "http://www.arts.ufl.edu/students/syllabi.aspx"

Instructors: Angela McDonough DiFiore
Office: Nadine McGuire Theatre & Dance Pavilion
Office Hours: Email instructor for an appointment
Office Phone: 352-273-0500 Main Office
Email*: amcdonough@ufl.edu

*Use ONLY your UFL.EDU email account for e-mail correspondence related to class: your name & class must appear in the subject line of all correspondence.

HYPERLINK "http://www.arts.ufl.edu/theatreanddance"
HYPERLINK "http://www.arts.ufl.edu/theatreanddance/downloads/syllabi.aspx"

Recommended Texts:
Basic Ballet
Classical Ballet Technique By Gretchen Ward Warren
Technical Manual and Dictionary of Classical Ballet By Gail Grant

Intermediate Ballet
Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class
By Valerie Grieg
ISBN-10: 0871271915
Class Description:
We will be strengthening and stretching your dancing bodies, improving your turn-out and your body alignment in a classical ballet class manner. Use this class as a means to develop your ballet technique, or, establish it. We will be dancing to live accompaniment through barre work, centre floor, including leaps, jumps, and turns.

Emphasis on developing an aesthetic awareness of the art, understanding ballet theory, and perfecting technique are things we will be working on this semester. The review of basic exercises and terminology are vital to the consistency of technique. Concentration will be on body alignment, technical accuracy, increased movement vocabulary, and performance quality. Pirouettes, petite batterie, and powerful grand allegros will be stressed.

Unfortunately, there isn’t much creativity in the actual technicality of ballet. The dancer’s energy, musicality, and spirit are what makes up for the creativity of the class work.

No dead fish allowed!   ~Isa Garcia-Rose

It is unfortunate that the mention of the word ballet can carry with it the weight of a history that no one today can fully comprehend. Subconsciously we might try to reshape our body, our form, our posture to fit the gilded ideal of an era and social lifestyle long gone. We want to buy into ballet’s splendor, but seeking to merely imitate its beauty can lead to distortion. Seek to reshape your concept of how ballet can be ‘of today’, working with your posture and your realm of positive physical possibilities in an environment of today’s knowledge and vision. Discover that the beauty of ballet flows, indeed, as deep as the bones. ~Ric Rose

Introduction
Student progression in ballet dance technique – this information addresses the standards utilized by the dance area for assessing student progression through three levels of ballet: Basic, Intermediate, Advanced. The program’s approach to ballet is in context to the UF BFA degree program, relying on traditional training standards along with the awareness of the stylistic and technical diversity of the UF dance program. Using the objectives stated in this syllabus, the
dance program assesses student progress through three levels of modern dance technique: basic, intermediate, and advanced. You are graded and considered for the next level according to your achievement of the criteria as determined by your instructor.

**Course Objectives for Ballet Technique**

SoTD’s ballet technique curriculum is designed to focus the intellectual and physical abilities of students—majors, minors, and non-majors—to embrace the demands of the 21st century artist. Each of the three levels builds the required historical, aesthetic, and biomechanical foundations for graduating as a major in our dance degree programs. Likewise, the minor or non-major must recognize the classes as a pre-professional training ground by meeting the objectives at the appropriate level. When every student brings into every class their discipline and motivation, they will be ready to meet and greet the following goals common to each respective level of technique:

**Basic Ballet Course Objectives**:  
To instruct you in classical ballet vocabulary, technique, and related history appropriate to the level of the course. 
To establish a consistency of ‘daily’ studio practice and towards using ballet class progression to build a ‘permanent’ foundation for building your technique.  
To approach all training, practice and performance from an anatomically correct and ‘core connected’ standpoint, especially in the application of rotation (both parallel and outward). Build musical, rhythmic, phrasing, and spatial skills suitable to the technique and style of ballet. Initiate the process of connecting theory and technique to a basic level performance aptitude. Create an environment to test and improve the student’s physical aptitude in ballet technique. Enhance aesthetic and practical appreciation of the work behind this exacting and exciting art form.  
To develop and practice absorbing new material quickly and to perform combinations with attention to technique.  
Develop an appreciation of the theory, criticism and aesthetic behind this exacting yet exciting art form.  

* Due to the nature of the UF ballet training program, the student entering Basic level should have already established certain a level of proficiency as determined by audition for entry into the BFA program. Level for non-majors can be determined by placement classes.

**Intermediate Ballet Course Objectives**:  
To instruct you in classical ballet vocabulary, technique, and related history appropriate to the level of the course and developing greater fluency in classical dance technique and performance skills at the intermediate level.  
The advancement of terminology with its application to barre, centre and to performance will be emphasized and tested during the progression of the semester.  
To approach all training, practice and performance from an anatomically correct and ‘core connected’ standpoint.
Further develop musical and spatial skills suitable to the technique and style of ballet. Create an environment to test and improve the student’s physical aptitude in ballet technique. Enhance the appreciation of the theory, criticism and aesthetic behind this exacting yet exciting art form.

**Advanced Ballet Course Objectives:**

To test the understanding of ballet theory and technique through a more rigorous standard of execution.

To develop greater fluency in classical dance technique as related to performance skills.

Demonstrate musical and spatial skills suitable to the technique and style of ballet

Demonstration that the student is capable of performing at a higher and more professional level

To approach all training, practice and performance from an anatomically correct standpoint.

To expand the dancer’s expressive and qualitative range of movement and performance.

To develop musicality, dynamics, clarity and articulation in time and space.

To empower the person/dancer/thinker/artist in each student.

In order to fulfill these objectives, the ballet faculty will create class structures that rely on traditional balletic standards, as well as systematically increasing the level of difficulty and expected proficiency. Both faculty and students can look to the following guidelines to understand what is expected to form the disciplined habits of professional dancers.

**Dance Technique Class - Attendance Guide:**

- Mindful participation in each class meeting is the only way to meet the objectives of this course.
- Attendance, which is mandatory, means that when you enter the classroom, you are present, alert, and contributing to the progress of the class every second.
- If you are not present when attendance is taken or class begins you are marked absent.
- In the case of extended health issues, refer to the Injury and Illness Policy in the SoTD 2013-14 Handbook (SoTD website) and included in this syllabus.

**Dance Technique Class - Absence Policy**

Five (5) or more absences (excused or unexcused) result in automatic failure.

All undocumented absences are unexcused: each unexcused absence = 5 point deduction.

Excused absences may include those related to illness/injury which are documented by a medical professional. Events related to family emergencies or professional obligations should be discussed with your instructor.

For your safety and the focus of the class, you may not join class if it has already started. You are late and counted absent; with instructor permission, you may observe.

If you should leave class early, 3 points are deducted from your grade.

If unable to dance but still attend, with instructor permission, you may ‘actively’ observe for full class credit, onetime. You will complete an assignment as assigned by the instructor due at the end of class.

UF approved religious days are excused and do not need to be made-up. (Travel time not
included.) You are responsible for material covered during your absence. A MEDICAL WITHDRAWAL will not be supported without approved documentation. An Incomplete is only considered by UF Dance in extreme cases and is not available in technique classes.

Dance Technique Class – Make-up Policy
You are responsible for all material covered during any absence
There are no makeup options for unexcused absences
To earn credit (amount of credit determined by the instructor) for an excused absence you must do two things:
1) Immediately after your return to class, turn in approved/legal documentation to instructor.
2) Make-up the class with an approved assignment submitted on the required date. If the assignment is to attend another class as a make-up, it must be the same technical level, or lower; student must request permission of instructor.

In the UF Dance Program, three unexcused absences will reduce your grade one-letter grade (i.e., from B to C). Each subsequent unexcused absence lowers your grade by half letter grade (i.e., from C to C-). After five unexcused absences the student may not return to class and result in automatic failure of the course. A student with medical documentation may apply to UF for Medical Withdrawal.

Please consult the following sites for UF’s physical and mental health resources:
HYPERLINK "http://shcc.ufl.edu/" (Student Health Care Center)
HYPERLINK "http://shcc.ufl.edu/forms-records/excuse-notes/" (excuse note policy)
HYPERLINK "http://dso.ufl.edu/" (Dean of Students)

Performance and Event Participation
To help you to “think outside the box,” you must venture outside the studio!

BFA/BA Majors: In addition to attending all classes, attendance is required at the following events plus 2 outside professional shows. Depending on your technique schedule, you may use these performances for the modern sequence, as well.

Non-Majors: Required = two of the UnShowings, 1 BFA Showcase Performances, Agbedidi, 1 outside professional show. You will provide either a ticket stub or a review to your current instructor. Depending on your technique schedule, you may use these performances for the ballet sequence,
as well.

You will receive a voucher (coupon) at the beginning of the semester for assigned SOTD productions with instructions of how to use it to get discount tickets.

Important Box Office Changes: The (McGuire) University Box Office will open 45 minutes prior to the opening of each Constans Theatre or McGuire Black Box production. All primary box office activity will now be handled at the Stephen C. O’Connell Center (Gate 1) Hours: Tuesday thru Friday Noon- 5:30, Saturday 10:00am-2:00pm (No Mondays)

Performance Behavior/Decorum:
   Yes, please dress nicely!
   No cell phones/texting at all, ever, never during a performance (unless the show requests it!)
   Represent the SoTD at the show with pride!

Events
(Dates/times subject to change – please check dance bulletin board and/or contact appropriate box office.)

**Faculty Auditions August 22 & 23, G-6, 6:30**
**Fall Dance Showcase Auditions, August 26, G-6, 6:30**
*(No Classes Labor Day September 2)*
UnShowing #1, Monday September 9, G-6, 6:30-9:00
UnShowing #2, Monday September 23, G-6, 6:30-9:00
Faculty UnShowings/Seniors- as needed Monday September 30, G-6, 6:30-9:00
UnShowing #3, Monday October 7, G-6, 6:30-9:00
UnShowing #4, Monday October 14, G-6, 6:30-9:00 (Adjudication)
UnShowing #5, Monday October 21, G-6, 6:30-9:00 (Designer Showing)
October 18   UF BFA Dance Audition 9:00-4:00, McGuire Pavilion
October 31 – November 3 UF SoTD **BFA Fall Dance Showcase** McGuire Studio Theatre G6
Times and Programs TBA
Faculty UnShowings, Monday November 18, G-6, 6:30-9:00
November 15 -17  *Agbedidi*  Constans Theatre, UF Campus  (Agbedidi to Miami November 21-24)
UnShowing #6, Monday December 2, G-6, 6:30-9:00

**Other Event Options** (PCPA = Phillips Center):
September 20 Miss Witherspoon (SoTD play) opens
October 4    Never the Sinner (SoTD play) opens
October 10   Scottish Ballet: A Streetcar Named Desire PCPA 7:30
October 16   Diavolo Dance Theatre PCPA 7:30
October 19   *The Phantom* Dance Alive National Ballet  PCPA 7:30
November  

**Guys and Dolls** (SoTD musical) opens Constans Theatre

November 1, 2
FDA Regional Dance Festival hosting Florida Middle and High School Programs
FDA Regional Dance Festival “Informal Concert” Santa Fe College Fine Arts Hall 7:30 pm

November 1
FDA Regional Dance Festival “Formal Concert” Santa Fe College Fine Arts Hall 7:30 pm

November 2
November 20  Tango Fire PCPA 7:30

[December 20-22  Nutcracker  Dance Alive National Ballet  PCPA]

Mid-Term Exam Schedule:
Monday 10/7, Tuesday 10/8

Final In-class Exams Schedule:
Tuesday 11/19, Wednesday 11/20

**ALL Seniors, Freshman, and New Transfer BFA/BA Dance Majors** must schedule & attend a Fall Conference with the dance faculty during Reading Days (the two days after classes). Please, do not make travel plans at this time - grade points will be deducted.

It is your responsibility to know your schedule. Check your (UF) email & the dance studio bulletin boards regularly.

**Dress Policy:**
Women: Leotards, tights, soft ballet shoes. Pointe shoes are encouraged but not required. Speak to the teacher about individual needs and pointe level.
Hair **must** be worn in a neat ballet bun or twist. Shorter hair is worn off the face completely. If the hair falls so does the grade.
Men: Leotard or tight fitting T-shirt/tank top (white preferred). Tights, ballet shoes (white or black) and dance belt (tights worn with elastic belt or army belt) **are required.** White socks recommended.
Colors are at the student's discretion but should reflect a respect of balletic values.
No warmers unless they are form fitting. All warmers **must** be removed following warm-up.
You may wear a ballet skirt or belt for center.
No oversized clothing. You don’t work on what you don’t see.
Your ankles must be visible.
No large jewelry, including all non-stud earrings, necklaces & watches.
No chewing gum.

Students not in compliance with the above requirements will be considered absent from class.

**Grading Policy:**
1. Event attendance 15 points
   See information

2. Midterm Evaluations 30 points
   In Class
   Monday 10/7, Tuesday 10/8

   Both Midterm and Final Evaluations will be based on these technical proficiencies:
   - Placement and Alignment
   - Core Support and Conditioning
   - Application of Rotation - Stationary and Locomotor
   - Spatial Awareness and Full Body Integration
   - Rhythmic Clarity/Musicality
   - Professionalism

3. Final Evaluations 30 points
   In Class
   Tuesday 11/19, Wednesday 11/20

4. Vocabulary Exam and/or Performance Project 25 points
   Instructor will announce dates, if required
   (See ballet glossary attached and use the following link for study: HYPERLINK "http://www.abt.org/education/dictionary/index.html"

   Performance, if required: December 3, 4

Your overall score may be affected by your attendance record.

A  95-100 points
A-  90-94
B+  86-89
B   83-85 points
B-  80-82
C+  77-79
C   73-76 points
C-  70-72
D+  67-69
D   63-66 points
D-  60-62
E   59 and below

EACH STUDENT IS RESPONSIBLE FOR MONITORING HER/HIS OWN PROGRESS

ESSENTIALS OF ACHIEVING TECHNICAL APTITUDE

These aspects of technical development are divided into six (6) categories and are the basis both for grading and for any consideration toward promotion to a higher ballet technique levels:

PLACEMENT AND ALIGNMENT
CORE SUPPORT AND CONDITIONING
APPLICATION OF ROTATION - STATIONARY AND LOCOMOTOR
SPATIAL AWARENESS AND FULL BODY INTEGRATION
RHYTHMIC CLARITY/MUSICALITY
PROFESSIONALISM

PLACEMENT AND ALIGNMENT
A priority is placed on alignment, which includes an awareness and integration of skeletal structure in shaping the body in place and in motion, to efficiency of movement, but reduce, if not eliminate, the potential for injury. This intrinsic understanding should be evident in all exercises: barre, center, and phrase work.

5-Excellent
Has the ability to self assess while consistently maintaining alignment of torso/spine, pelvis & limbs while stationary and moving. Articulates limbs with excellent precision and clarity.

4-Good
Consistently maintains alignment of torso/spine, pelvis, & limbs while stationary and moving. Articulates limbs with excellent precision and clarity.

3-Sufficient
Demonstrates a consistent application of principles of alignment. Demonstrates consistent clarity during articulation of limbs.

2-Limited/Deficient
Demonstration of correct personal alignment is not observable. Precision and clarity not demonstrated during exercises or movement through space.

1-Unsatisfactory
Fails to demonstrate an understanding of basics of alignment and body fundamentals.

CORE SUPPORT AND CONDITIONING
Coupled with developing a proper sense of alignment and placement as applied to dance (and life) is a separate and equal area referred to as Core Support/Strength. It is necessary to list it as its own category to emphasize its importance to movement and promote awareness of its connection to the safety of the individual as they move through various positions and as applied to ballet technique. Development of strength to safely perform movements that require weight bearing on arms, including inverted movements. Conditioning is included in this section to insure that strength is not over emphasized and that the student finds a personal practice that enforces this aspect of their training.

5-Outstanding/Advanced
Has ability to self assess while connecting core and whole body conditioning to how the whole body moves through space and consistently moves with power and control through space and all levels.

4-Excellent
Connects core and whole body conditioning to how the whole body moves through space and consistently moves with power and control through space and all levels.

3-Good/Sufficient
Demonstrates movements competently with an adequate application of core support. Overall body strength and conditioning is adequate, with room for improvement.

2-Limited/Deficient
Work in class indicates weakness in core strength and movement control. Demonstrates limited power to safely propel self through space.

1-Unsatisfactory
Demonstrates lack of sufficient core support, conditioning and total body strength. Lacks power and control to safely propel self through space.

APPLICATION OF ROTATION - STATIONARY AND LOCOMOTOR

*Essential to the healthy development of ballet (and general dance) technique is the full awareness of correct personal anatomic alignment in relation to parallel and outward rotation which includes hip socket, knee and ankle for the lower body and spine, ribs, shoulder girdle, head and neck for upper body.*

5-Outstanding/Advanced
High degree of precision and personal understanding of parallel and rotation in relation to whole body alignment. Shows ease and economy of effort when quickly shifting among positions.

4-Excellent
Ability to achieve correct parallel and rotation and move easily among positions in relation to personal anatomical considerations.

3-Good/Sufficient
Consistent correct application of alignment principles in relation to parallel and rotated positions, particularly in lower body. Can show improvement in relation of these alignment principles throughout the body. Shows ability to transfer from one position to another with relative ease and minimum effort.

2-Limited/Deficient
Inconsistent demonstration of parallel and rotation in relation to personal alignment throughout body. Difficulty transferring between parallel and rotation.

1-Unsatisfactory
Incorrect use of parallel and rotation in relation to overall personal alignment. Especially demonstrates unsafe alignment of knee, ankle, and hip relationships. Unsuccessful transfer of weight and re-alignment when shifting between parallel and rotation.

SPATIAL AWARENESS AND FULL BODY INTEGRATION

*Necessary to the training of a ballet dancer is the understanding of the movement of the body as a unit, and in relation to specific body parts (upper and lower body halves, and right and left body halves in motion), as well as a sense of spatial awareness as they relate to the movement of the body through classically defined positions.*

5-Excellent
Demonstrates highly refined understanding of movement of body parts in relation to personal center of gravity. Integration of body in motion through space is clear and precise.
4-Good
Student consistently moves through space with full commitment and knowledge of level and direction changes.

3-Sufficient
Demonstrates a development towards the sensitivity to moving the body as a whole unit and an ability to experiment with the body in motion through time and space. Continues to demonstrate a developing understanding of the relationship between body parts and center of gravity.

2-Limited/Deficient
Demonstrates limited awareness of the connection between strength of center and total body movement; minimal ability to integrate the body in movement.

1-Unsatisfactory
Demonstrates lack of understanding of the concept of full body integration, as well as an adequate understanding of spatial awareness. Demonstrates a lack of understanding of the connection between upper body and lower body, and between body halves.

RHYTHMIC CLARITY / MUSICALITY
A student’s progress through the technique sequence should also yield both a practical and intrinsic understanding of how rhythm and musicality are applied to an exercise, a phrase, and dance performance. Musicality is the ability to perform movement phrases informed by music and as regulated by the choreography/classical repertoire. Rhythmic clarity is the ability to understand the relationship of the moving body to time.

5-Excellent
Student demonstrates an intrinsic understanding of how the music and movement are united. Consistent awareness of sound demonstrated through accurate response to instructions and to musical cueing.

4-Good
Student consistently moves with knowledge of beat/meter, accents, tempo, and rhythmic patterning.

3-Sufficient
Student is consciously working towards the application of beat/meter, accents, tempo, and rhythmic patterning and applies these musical basics to exercises, phrases, and repertoire. Generally appears to sense music deeply and to allow the nature of the music to affect the interpretation of movement phrases.
2-Limited/Deficient
Inconsistently demonstrates beat/meter, accents, tempo, and rhythmic patterning. Insufficiently developed sense of internal timing or a passive approach to dance phrasing. Student may show depend on other dancers, instructor counting, or obvious musical cues, rather than intrinsic musical responses.

1-Unsatisfactory
Student rarely moves with using beat/meter, accents, tempo, and rhythmic patterning; or fails to invest in developing skills in this area.

PROFESSIONALISM
Student demonstrates a mature artistic sensibility while cultivating their artistic aptitudes. The importance of attendance is emphasized and part of the final grading process, as noted in the syllabus.

5-Excellent
The student consistently demonstrates an attitude that is teachable, mature, attentive, supportive, open, and welcomes and integrates corrections.

4-Good
Student shows a high level of a mature and professional approach to all aspects of course work.

3-Sufficient
Student shows a consistent and growing awareness of the profession through classroom behavior and peer interaction.

2-Limited/Deficient
Student demonstrates limited interest or ability in understanding and expressing a professional attitude. May resist corrections and/or what is being taught. Fails to heed instruction and/or demonstrates other behaviors unbecoming a professional dancer.

1-Unsatisfactory
Student rarely demonstrates an attitude that is teachable, mature, attentive, supportive, open, and does not integrate corrections.

Evaluations and Grading:
Midterm and Final evaluations occur during the class. You will be observed by the instructor and
perhaps other members of the dance faculty. Grades will be assigned based on the technical proficiencies listed above. For the BFA major, application of your technique work to concert/performance work will be factored into your technique grade.

Student Injury and Illness Policy:
The Dance Area of SoTD believes that dance student's physical and mental well-being is paramount to success in all arenas of their dance training, from class to the stage. In the case of injury, fostering a productive and holistic response insures a speedy and effective recovery.

If the dance student becomes ill or injured to the degree that they cannot attend and participate in dance classes, SoTD sponsored rehearsals, or performances, the 5 steps of the dance student injury and illness policy are to be followed:

1. The student is required to see a health care professional immediately.

2. If the illness or injury prevents the student from participation in dance class, rehearsal, or performance, the student is to request documentation from the health care professional that explicitly projects the duration of the injury, and/or the amount and type of activity recommended for the welfare of the student.

3. Following the appointment with the health care professional, the student is required to bring medical recommendations and related documentation to the attention of his or her instructor(s), choreographer(s), or director(s) as the basis for discussion.

4. Unless otherwise medically advised, the student is prohibited from active participation in all related UF dance activities, classes, events, performances, etc. The student may not personally select one activity as having a higher priority over another. The student is not to dance in any events, activities, performances or rehearsals if the student is not in dance class. If the infirmity culminates in a medical withdrawal, this is also a withdrawal from all performance related activities.

5. The student is never allowed to sacrifice classroom participation for the demands of a performance. The student will not be allowed to participate in a performance if they miss dance class due to an injury. The student is expected to follow the student injury and illness policy even if performances take place beyond the scope of SoTD, as with another UF, professional, or community performing group, etc.

Special Accommodations: Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting
accommodation.

Please Note: Our work in the studios is designed to be challenging; physically, intellectually and emotionally. Dance classes often involve touching. Physical contact may range from simple touch, to correcting alignment and/or relaxation massage. Students may also be asked to experiment with exercises that involve weight exchange. If this makes you uncomfortable, please notify the instructor.

Honesty and Integrity: As a member of the University of Florida community, we expect you to hold yourself and your peers to the highest standards of honesty and integrity. If you need, or would like more feedback from the instructors, please do not be afraid to ask. You are welcome and encouraged to make an appointment during the semester to discuss your progress or any other question you may have. This is your education and you have a right to expect the fullest experience that can be provided for you. Please remember that unless you come to us personally with a problem, it will be assumed that you are happy and content with your circumstances.

Choreographic Project: (THIS IS UP TO YOUR INSTRUCTOR)
You will work in groups to choreograph a ballet composition. It must be 2-5min in length. It must include no more than 5 dancers. You must demonstrate your ability and knowledge of the classical vocabulary, form and aesthetic. Music accompaniment, costume, and props are your choice.

The schedule and procedures in this course are subject to change.

Instructor Biographies:

Born in Cuba, Ms. Isa Garcia-Rose spent many years in Spain before settling in Miami, Florida. She studied with and became a member of Ballet Concerto performing in Giselle, Swan Lake, La Bayadere, Serenade, Nutcracker, and Les Sylphides. Ms. Garcia-Rose joined Dance Alive National Ballet in 1989, and has performed various Balanchine pieces, 'Titania' in A Midsummer Night's Dream, various roles in Nutcracker, 'Ophelia' in Hamlet, 'LadyBug' in LadyBug: Action Hero, and other contemporary roles. A graduate of the University of Florida with a BFA in Dance, Ms. Garcia-Rose received her MFA from Florida State University. Ms. Garcia-Rose has been a faculty member of the University of Florida School of Theatre and Dance teaching classical ballet and modern dance technique. She has created works for the students and has presented pieces at the Florida Dance Festival amongst other venues. Ms. Garcia-Rose spent the 1994-1995 season as a member of the Demetrius Klein Dance Company before rejoining Dance Alive National Ballet. Ms. Garcia-Rose taught classical ballet full time at Florida State University Spring 2007. Ms. Garcia-Rose is certified in Stott Pilates mat and reformer. She has taught master classes in Alabama as well as in other festivals including the Florida Dance Festival in Miami.
**Ric Rose** is an associate professor of dance and Dance Coordinator within the School of Theatre and Dance. He teaches technique, choreographs, has recently earned his certificate in STOTT PILATES, and is ordained. He received his MFA in Dance from Connecticut College, and his BA in Speech and Theatre Education from Baldwin-Wallace College. Since 1990, he has twice been awarded both the Teacher of the Year (College of Fine Arts) at UF and the TIP University Award for excellence in teaching. He has also been recognized with a departmental Faculty of the Year and a university Superior Accomplishment Award. His artistic and creative vita includes abundant national and international performances and choreographic credits in dance, theatre, and musical theatre. He has also choreographed for numerous cabarets, pageants, body builders, weddings, and singing ensembles. Artistic collaborations at UF include a project with colleagues in music and electrical engineering aimed toward developing an alternative MIDI controller for dance. Ric began his study of ballet at the School of Cleveland Ballet with Pamela Pribisco. He is a frequent choreographer, (a proud member of Actors’ Equity,) and performer at the Hippodrome State Theatre, recently playing the title role in their production of *Robin Hood*. The Hipp produced his original work "*The Canta Danca Dancer*" a play about dance for young audiences, which toured throughout the Florida school system.

**Ballet Vocabulary**

Primary words

Listed in categories alphabetically

Please note that the definitions are general descriptions/translations of the terms

Terms related to *barre* and/or *centre*:

- **Adagio**: Slow sustained movement
- **Allonge**: Extended, outstretched, as opposed to bent or curved.
- **Arabesque**: A basic balletic pose, usually performed in profile: The position of the body when supported on one leg with the other extended to the back with the knee straight.
- **Assemble**: To assemble (or place together) the legs in the air
- **Attitude**: The position of the body when supported on one leg with the other lifted to the front side or the back, with the knee bent. A pose inspired by the statue of ‘Mercury’ (by Giovanni da Bologna)
- **Barre**: The long, pipe-shaped bar that dancers hold onto for support when warming up. The word is also used to refer to the set of exercised performed at the barre at the beginning of every class.
- **Battement**: “rebound,” any movement of the leg
- **Cambre**: A bend of the body from the waist, forward, sideward, or backward.
- **Change**: Literally, “changed”. A term used to indicate that the feet change position in relationship to each other during the execution of a step (i.e., the foot begins in the from and finishes in the back, or visa versa).
Cloche, en: Literally, “like a bell”. Refers to swinging movements of the working leg forward and backward through 1st position in steps such as battements degages en cloche.

Combination: A number of steps grouped together to form an exercise.

Cou-de-pied: On the “neck” (cou) of the ankle. The position of the working foot when lifted and pointed in front of, in the back of or wrapped around the ankle of the supporting leg.

Coupe*: To cut – The foot is raised to the ankle of the opposite leg.

Develope*: The working foot is drawn up the supporting knee and opened in the air in any given direction, "unfolding".

Degage: “To disengage” The movement of the foot outward from a closed position to where the toes leave the floor to a position of 15 degrees.

Extension: The height of a dancer’s working leg when lifted form the floor. Also in reference to the lengthening of a body part.

Fondu: Literally, "melted", This term is used synonymously with the word "plie". It means on, or with a bent supporting leg.

Frappe: Strong brush of the supporting leg with the working foot in coupe, "strike".

Pas: A step. Used to refer to any single movement in the ballet vocabulary.

Pas de cheval: Horse’s step.

Penche*: "Inclined". Usually refers to arabesque penche’, a position in which the dancer tilts forward from the hip, directing the torso and head toward the floor, and lifting the foot of the extended back leg toward the ceiling.

Plie (plier): To bend - A bending movement of the knees, demi or grand.

Port de bras: Movements or positions of the arms.

Preparation: The musical phrase and/or movement(s) that act as a lead-in for the dancer.

Releve*: A rise. Describes a position of the supporting foot in which the heel has been raised from the floor, and the dancer is balanced on the ball of the foot (or on the toes, if en pointe). Also the combination of a demi-plie followed by the raising of the heel(s) from the floor.

Rond de jambe: Circle of the leg (a terre) on the ground, or (en l'air) in the air.

   en dehors: Outward, foot travels in an arc from front to back
   en dedans: Inward, foot travels in an arc from back to front

Sous-sus: Under-over. One foot being under, or in the back, and one foot being over, or in the front.

Tendu: “stretched” The action of the foot leaving a closed position to a fully extending position without the toes leaving the floor.

Terms related to centre:

Allegro, grand: Combinations of expansive and widely traveled jumping, movements that incorporate large, advanced-level leaps such as grand jetes.
**Allegro, petite:** Sprightly combinations of small jumping movements performed at a quick tempo

**Balance':** A rocking step resembling a waltz, consisting in three parts of alteration of balance.

**Balon:** A term encompassing the desirable qualities of lightness, ease, and rebound when jumping.

**Batterie:** Jumping movements in which the legs beat, or exchange places with each other, in 5th position in the air one or more times before landing. The effect is one of interlacing or crisscrossing the legs in the air.

**Beat:** To hit the legs together, moving them in and out of 5th position in the air so they appear to crisscross. All batterie is composed of “beaten” movements.

**Cabriole:** Caper, like a goat’s jump. The working leg opens straight out; the supporting leg pushes off and beats underneath the working leg, propelling it higher.

**Chaine`:** Linked like a chain – a series of turns with the feet in first position.

**Chasse`:** Chasing one foot with the other – a continuous movement.

**En tournant:** Turning.

**Entrechat:** A beaten jump in which the legs cross in 5th position in the air without change’.

**Fouette`:** Whipping. A strong whipping movement of one leg accompanied by a half or full revolution of the body.

**Glissade:** To glide or slide – a linking or preparatory step.

**Jete:** Spring from one foot to the other, "thrown". **Grand Jete:** Large leap.

**En Manege:** A term used to describe a series of steps (usually turns or jumps) performed while traveling in a circle around the periphery of the stage.

**Pas de basque:** A step derived from the national dances of the Basques. Taking in three distinct counts.

**Pas de bourree:** A step originating in country dances. This movement involves three or two steps in any direction that usually changes which foot is in front.

**Pas de chat:** A cat-like springing movement from one foot to the other, "Step of the cat".

**Pas de bourre:**

**Pique:** literally, "pricked" - to prick with the toes as with a needle. 1) A movement in which the strongly pointed toe of the lifted and extended leg sharply lowers momentarily to hit the floor, then immediately rebounds upward. 2) Adjective describing a movement in which the dancer transfers the body weight from one leg (in plie) to the other by stepping out directly onto pointe or demi-pointe with a straight leg; for example, pique arabesque.

**Pirouette:** Whirl or spin - A controlled turn on one leg on demi-pointe or pointe in any pose.

**Promenade:** A slow rotation of the body in adagio exercises, in which the dancer, maintaining a pose on one leg with the other raised off the ground, executes many little pivots of the supporting heel in order
to turn the body around on the whole foot.

**Saute (sauter):** Jump.

**Sissonne:** Named for the creator of the step. Springing up from both feet, landing on one leg.

**Soutenu:** "Sustained turning."

**Tombe`:** To fall.

**Tour:** A turn of the body.

**Tournant, en:** Turning

**Terms related to directions:**

**En Avant:** Traveling forward.

**Croise`:** Crossed. Refers to a direction of the body in which the legs of the dancer appear, from the audience’s viewpoint, to be crossed one in front of the other. Examples: *Croise` devant* (crossed with the working leg extended to the front) or *arabesque croise* (crossed with the lifted back leg being the upstage leg.)

**En Croix:** In the shape of the cross. Refers to a ballet convention in which the same movement is performed in sequence to the front, the side, the back, and again to the same side.

**En Dedans:** Inward. Characterizes any circular or turning movement in which the working leg moves.

**Derriere:** To the back (behind).

**Devant:** To the front.

**Ecarte:** Spread wide. One of the directions of the body. (See sheet on body positions.)

**Efface:** Erased, shaded. One of the directions of the body. (See sheet on body positions.)

**En dehors:** Outward.

**En face:** refers to the position of the dancer’s body when directly facing the audience. (See sheet on body positions.)

**a`la Seconde:** In the 2nd position. A movement in which the arm or leg is extended to the side of the body is said to be performed a’la seconde.

**Terms related to the personnel in a ballet company:**

**Ballerina:** A principal female dancer in a ballet company.

**Ballet master/mistress:** The person in a ballet company who rehearses the repertoire and teaches company class.

**Balletomane:** An enthusiastic ballet fan.

**Corp de ballet:** The dancers in a ballet company who do not perform solo roles. Typical of *corp de ballet* work is the performance of choreography in which the dancers move in large groups in unison while changing formation and creating beautiful spatial patterns across the stage.

**Danseur:** The leading male dancer in a ballet company.
**Danseur noble:** A male dancer who is tall, elegant, and aristocratic in appearance and dances leading roles such as the Prince in *Swan Lake* or the poet figure in *Les Sylphides*. He must be an excellent soloist and partner and possess pure classical line.

**Prima Ballerina (Absoluta):** The top-ranked female soloist in a ballet company. This title is usually reserved for only a few world-class ballerinas.

**Terms relating to class**

**Centre barre:** The exercises that are performed in the middle of the room without the support of the barre and that are directly related in form to the ten standard barre exercises. Examples: *plies*, *tendus*, *rond de jambe*, *fondus*.

**Center work:** All exercises in a ballet class that are performed in the middle of the room without the support of the barre.

**Line:** The sculptural shape formed in space by a dancer's limbs and body. Good line is one a dancer's most valued attributes. It is produced by a combination of flexibility, disciplined training in the positions of the body, and the naturally beautiful shape and proportion of body parts according to the ideal of classical ballet.

**Terms relating to physical placement**

**Alignment:** The arrangement of parts of the body in relation to each other according to the rules of classical ballet.

**Placement:** To be placed. A well-placed body is one that is correctly aligned, without useless tension, to allow free motion. The alignment of the parts of the body and the distribution of body.

**Demi-pointe:** The position of the foot when the heel is raised from the floor and the dancer is poised on the ball of the foot. The term is often used synonymously with the term *relevé* is also *en demi-pointe*.

**Dessous:** Under: Describes a movement in which one foot steps behind or cuts across in back of the other, sometimes replacing it, as in *coupe dessous*, when the back leg replaces the front.

**Over:** Describes a movement in which one foot steps cuts across in front of the other, sometimes replacing it, as in *coupe dessous*, when the front leg replaces the back.

**Epaulement:** Shouldering. Refers to the manner in which a dancer slightly twists the torso when facing straight ahead, bringing one shoulder forward of the other.

**Ferme:** Closed, as in *sissonne ferme* (a jump in which the legs finish closed in 5th position).

**Ouvert:** Open, as in *cabriole ouvert*, a jump finished on one leg with the other held aloft.
Haut, en: High. Describes the height of the arms when they are being held above the level of the head, as in 5th position en haut.

L’air, en: In the air. Used to indicate that one or both feet are off the floor, as in rond de jambe en l’air (one foot) or tour en l’air (both feet).

Parallel position: Not turned-out; usually used to refer to 6th position, in which both feet are place together facing straight front, parallel to each other.

Par terre: On or along the floor.

Pointe, en: The position of the foot in a pointe (or toe) shoe, in which the heel is raised with the foot pointed vertically, and the dancer stands balanced on top of her toe(s).

Sur les pointe: En pointe. Standing on the toes.

Pronated: Same as ‘beveled’.

Quatrieme, a la: In the 4th position.

Sickled: An incorrect position of the foot in relationship to the ankle, in which the dancer overextends the outside of the foot by turning the foot inward from the ankle toward the inside of the leg.

Rolled in, rolled over: An incorrect position of the supporting foot or leg in which the weight is allowed to drop forward onto the inside of the foot or leg.

Terre, a: On the floor.

Tucked under: An incorrect position of the pelvis in which the buttocks are pressed forward, forcing the pelvis to tilt and throwing the hips out of proper alignment.

Working leg: The leg that is performing (as opposed to the supporting leg, upon which the dancer is standing).

Terms related to performing

Character dance/style: A stylized type of dancing derived from folk-dance forms but based upon classical ballet technique. Most of the large classic ballets such as Swan Lake or Coppelia include character dances, and all serious ballet students are required to study character as part of their training. Typical character dances are those based upon the Hungarian czardas, the Polish mazurka, the Italian tarantella, and the Spanish flamenco styles. In addition, the term can refer to any dance based on movements associated with a particular profession, personality, or life-style, such as a sailor’s dance. A specific example is the clog dance for Mother Simone in Fredrick Ashton’s La Fille Mal Gardee’.

Choreography: The arrangement of the steps and patterns in a dance composition.

Demi-caractere: A term describing a type of classical ballet choreography that is heavily
flavored with character-style or folk-dance references. An example of a demi-caractere divertissement is the Don Quixote pas de deux, with its many poses drawn from Spanish dancing. A demi-caractere dancer is one who is better suited to performing these roles than strictly classical ones for reasons to do with his or her physique, line, or natural quality of movement.

**Deux:** Two.

**Pas de deux:** Literally, "steps for two." A dance for two people, usually a man and a woman.

Structure is 1) an entrada for both dancers in which the man partners the woman, followed by 2) a male solo variation, 3) a female solo variation, and 4) a coda in which both perform individual feats of virtuosity, then dance together at the conclusion.

**Divertissement:** A suite of short dances designed to display technical prowess and charm of the dancers.

**Repertoire:** The works choreography, or ballet, that are performed by a dance company.

**Variation:** A solo dance choreographed primarily for the purpose of displaying a dancer’s technical prowess.

**Virtuoso:** Highly skilled. A virtuoso dancer is one who displays dazzling technical prowess, one whose ability is far above that of the average dancer.

**Other terminology**

**Accent:** That which is emphasized, usually a particular musical beat.

**Demi:** Half.

**Grand:** Large. Describes movements on which the legs are lifted to a height of 90 degrees or above, as in grand battement.

**Lunge:** A wide-open (i.e., legs apart stance on two feet in 4th position, in which one leg (usually the front) is bent and the other straight. It is often used as preparatory position for pirouettes.

**Mark:** To suggest movements, to dance without doing all the movements “full out”.

**Petite:** Small. A term describing small movements that are not performed high in the air, such as petite assembles.

**Rose’, ric:** What a teacher!

**Spotting:** The technique of turning the head during pirouettes so as to avoid becoming dizzy. When spotting, a dancer quickly whips the head around and refocuses the eyes with each turn of the body.

**Turn-out:** Rotation of the legs outward from the hip joints so that the kneecaps and toes face outward away from the center of the body. All traditional movements in classical ballet are performed turned-out.
Major contributing sources: Gretchen Warren, "Classical Ballet Technique"
Anna Paskevska, “Both Sides of the Mirror”

Famous Ballet Movies:
The Red Shoes 1948
First Position 2011
Mao's Last Dancer 2009
Black Swan 2010 Released: 2010
Billy Elliot 2000 Released: 2000
Save the Last Dance 2001
Ballet Shoes 1975
The Company 2003
The Turning Point 1977
White Nights 1985
The Tales of Hoffmann 1951
Dancers 2008
Ballet Russe
Center Stage
Children of Theatre Street

HYPERLINK

Dracula: Pages from a Virgin’s Diary

HYPERLINK "http://en.wikipedia.org/wiki/Category:Ballet_films"