

- adagio - a series of slow and graceful movements
- balance - rocking step
- ballerina - a leading female dancer of a ballet company - a title earned through years of hard work
- ballet - to dance ( from the Itallian - ballare)
- barre - side practice (at the bar)
- choreographer - someone who designs a dance, putting together different steps to music
- coda - the ending of a pas de deux
- corps de ballet - dancers who appear only in large groups
- epaulment - the placing of the shoulders
- jete - a jump in which the wight of the body is thrown from one foot to the other
- pas couru - running step
- pas de deux - a dance for two people
- pirouette - a complete turn of the body on one foot
- plie - bend your legs, with the knees wide open and the feet pointing outward
- port de bra - the movement of the arms
- promenade - turning on one foot in place
- saute - jumped or jumping
- tutu - slang for the short puffy skirt worn by ballet dancers

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