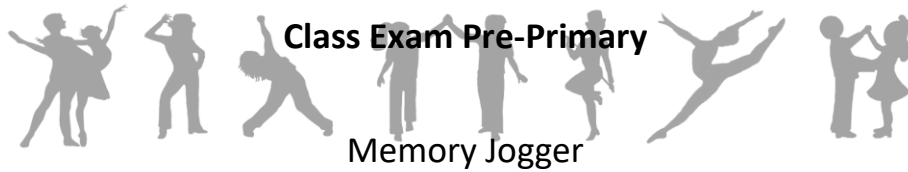


# A1 DANCE

NATD Classical Ballet Russian Method



## Au Milieu – Centre

1. Toes to the ceiling, toes to the ground (sitting)
2. Demi-pliés in parallel 1<sup>st</sup> & en premier (& clapping 3/4 time)
3. Battement tendu en avant from parallel 1<sup>st</sup> & 1<sup>st</sup> position en premier (& clapping 4/4 time)
4. Sautés in 1<sup>st</sup> position en premier

## Port de Bras – Carriage of the Arms

1. Port de Bras

## En Manège – In a Circle

1. Walks with stretched feet
2. Marching
3. Skips (with or without a partner)

## En Diagonale – From the Corner

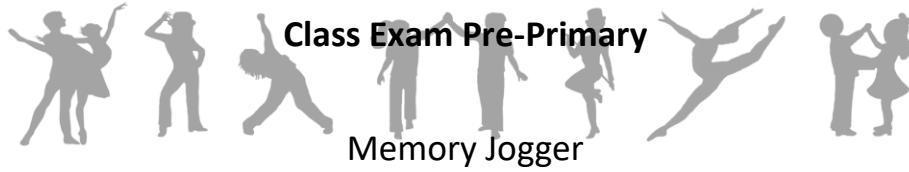
1. Runs (& rise at the end)
2. Pony Trots
3. Gallops sideways (with a partner)

## Dance

## Révérence

# A1 DANCE

NATD Classical Ballet Russian Method



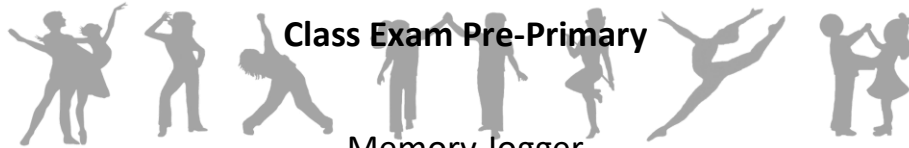
## French Terms used in Class Exam

*Words in Italic or brackets are useful to know but not usually required.*

French	Pronunciation Guide	English
<i>Positions des pieds</i>	<i>paw-zee-syawns day pyay</i>	Positions of the feet
En premier	ahn pruh-me-air	First position
En premier parallèle	ahn pruh-me-air parallel	Parallel first (also known as sixth)
<i>Positions des bras</i>	<i>paw-zee-syawns day brah</i>	Positions of the arms
Bras bas	brah bah	Arms low
En première	ahn pruh-myehr	First position
Demi-seconde	duh-mee suh-cawnd	Half second
En cinquième	ahn sank-ee-yem	Fifth position
Au milieu	oh mee-lyuh	In the centre
Demi-plié	duh-mee pleeyay	Half bend
Battement tendu	bat-mahn tahn-dew	Beating stretch
Sautés	soh-tay	Spring
En avant	ah na-vahn	Forwards
Port de bras	pawr duh brah	Carriage of the arms
En manège	ahn ma-nej___	Round the room In a circle
En diagonale	ahn dya-gaw-nal	Diagonally usually from an upstage corner to a downstage corner
Révérance	ray-vay-rahns	Curtsey or bow. Thanking: The teacher for imparting priceless knowledge.

# A1 DANCE

NATD Classical Ballet Russian Method



Class Exam Pre-Primary

Memory Jogger

		The orchestra/pianist/music operator for playing. The audience or examiner for watching.
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