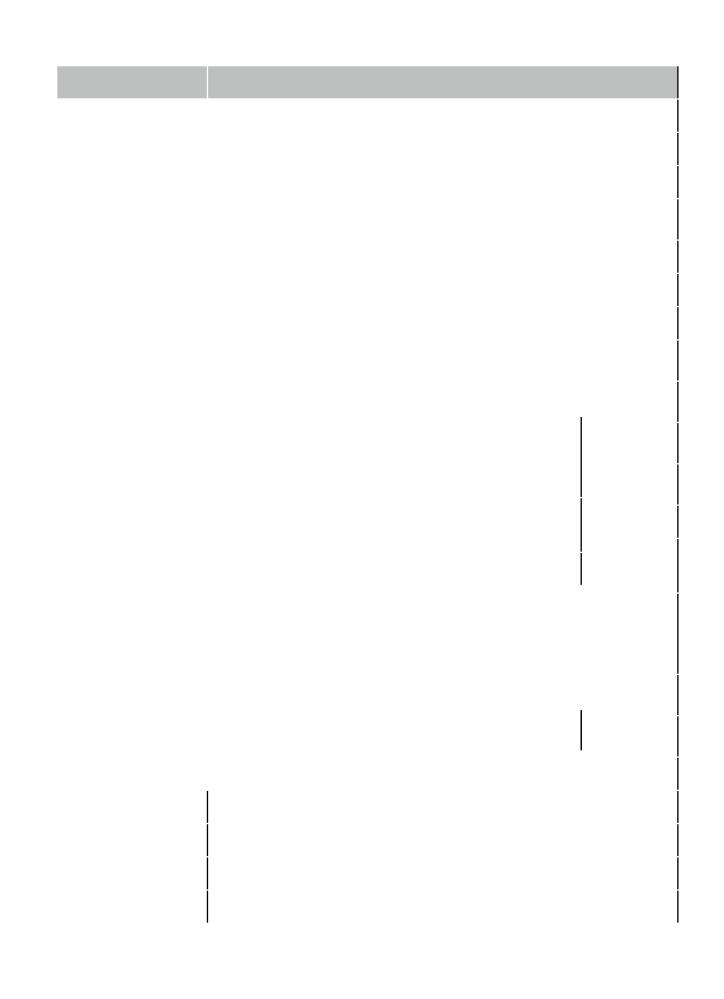
BALLET TERMS	INITION
A la seconde	One of eight directions of the body, in which the foot is placed in second position and the arms are oh 0 -122 -1250 -122, EFd



Pique' Pricked, pricking. Executed by stepping directly on the pointe of the work any desired direction with the other foot raised in the air. (pee- KAY)   Pirouette Whirl or spin. A complete turn of the body on one foot either on the pointe pointe, the motive power being obtained from a combination of plie and a movement. There is a great variety of pirouettes. (peer-WET)   Plie' Bent, bending. A bending of the knees or knee to render the joints soft ar and the muscles and tendons flexible and elastic. (plee-AY)   Port de bras Carriage of the arms. (por dih BRAH)   Promenade In a walk. Indicates that the dancer turns slowly on one foot by a series o movements of the heel to the required side while maintaining a definite p prawm-NAD)   Releve' Raised. A raising of the body on the pointes or demi-pointes, which may the an exercise at the barre, in the center and in the adage, and is done on the terre) or in the air (en l'air). (rawn duh zhahnb)   Saute' Jump, jumping. (so-TAY)   Sissonne Sissonne is named for the originator of the step. The most commond forr is the springing off from two feet and landing on one foot, then usually of second foot. (see-SAWN)   Soubresaut sudden spring or bound. (soo-bruh-SOH)   Saute basque Basque jump. A traveling step in which the dancer turns in the air with on up to the knee of the other leg. (soh duh bask)   Soutenu Sustained in turning. (soot-NEWAN)	
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Spotting This is a term given to the movement of the head in turning. The dancer of spot in front and as the turn is made away from the spot, the head is the and the first to arrive as the body completes that turn. This snap of the head impression that the face is always turned forward and prevents the dancer becoming dizzy.	last to leave ead gives the
Sur le Cou-de-pied	
Tombe' Falling down. Used to indicate that the body falls forward or backward on working leg in a demi-plie. (tohm-BAY)	ito the
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