



2009-2010 Dance Glossary

- Aerial Cartwheel:** **Cartwheel executed without placing hands on the ground.**
- Airborne:** To be free of contact with a person and/or the performing surface.
- Arabesque** (a-ra-BESK): Position in which the working leg is extended behind while balancing on the supporting leg; can be executed as a turn
- Attitude** (a-tee-TEWD): Position in which the working leg is extended in front, to the side, or behind with a bent knee while balancing on the supporting leg; can be executed as a turn
- Axle:** A turn in which the working leg round de jamps to passé as the supporting leg lifts off the ground and tucks under the body-after rotation in air, land on original supporting leg.
- Back Walkover:** A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.
- Ball Change:** The shifting of weight from the ball of one foot to the flat of the other; can be executed from side to side or front to back.
- Battement** (BAT-mahn): Kick; the working leg is raised from the hip, into the air, and brought down again.
- Breaking:** A combination of martial arts and gymnastics oriented tricks and fun style of dance. The term for a person who executes this style of dance is known as a B-Boy (breaking-boy) and/or B-Girl (breaking-girl).
- Cartwheel:** A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
- Chorus Line Flip:** **An assisted back/front tuck over the interlocked arms of additional dancers (Chorus Line Flips are illegal).**
- Chaîne'** (sheh-NAY): Meaning a chained-series of linked turns; keep feet in first position as step-turning in one line direction.
- Chasse** (sha-SAY): Meaning to chase; plie and slide the working leg away from the supporting leg, touch the supporting leg behind the working leg, land on the original supporting leg.
- Developpe**
(dayv-law-PAY): Meaning to develop; drawing the working leg up the supporting leg to passé, then extending the working leg to open position.
- Dive Roll:** An airborne forward roll where the hands and feet are off of the performing surface simultaneously.
- Elevated:** **To move a dancer to a higher position or place from a lower one.**
- Fouette Turn:** A series of turns of the body on one foot; plie support leg, rond de jambe working leg; can be executed in all four directions.



2009-2010 Dance Glossary

- Front Walkover:** A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.
- Handstand:** A straight body inverted position where the arms are extended straight by the head and ears.
- Head Spin:** A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
- Headstand:** A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.
- Hip over head rotation:** A movement where hips move over the head, as in a back walkover or similar tumbling skill.
- Isolation:** Movement separating one part of the body from other parts.
- Kip-Up:** From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.
- Krump/Krumping:** Characterized by free, expressive and highly energetic moves. A positive release of aggression and anger, a nonviolent alternative to street violence.
- Leap:** Movement taking off from one foot, landing on different foot; use plie when leaping to achieve height; emphasis on proper form.
- Lifts:** An action in which the partner is elevated to any height and set down. **Refer to the Rules for Dance Lifts for a full definition.**
- Partnering:** Any type of trick that uses two individuals **where one uses** the other for support. **Refer to the Rules for Partnering for a full definition.**
- Passé (pa-SAY):** The foot of the working leg touches the knee of the supporting leg, executed either turned out or parallel.
- Pencil Turn:** A turn executed with the working leg; heel straight and next to the supporting leg.
- Pique Turn:** Plie supporting leg, pique onto the working leg, bring supporting leg to passé as turning toward the working leg, plie onto supporting leg after turn(s) to finish; can execute pique turns en arabesque, attitude, etc.
- Pirouette (peer-WET):** A complete turn of the body on one foot from a fourth position plie; can be executed in a variety of positions such as passé, arabesque, en attitude, etc.
- Pivot:** Movement step used to change direction; working leg steps forward assuming weight of body, body changes direction, support leg reassumes weight of body; can be executed front to back, side to side.



2009-2010 Dance Glossary

- Plie** (plee-AY): Bending, softening, opening of the knee(s).
- Pony Sit:** Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.
- Prop:** An object that can be manipulated.
- Releve** (ruhl-VAY): Raised on the ball of your foot/feet.
- Sauté:** Jumping and landing on the same foot.
- Shoulder Roll:** A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.
- Shoulder Sit:** Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.
- Stall:** A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.
- Soutenu** (soot-NEW): Cross-over turn with feet together.
- Spotting:** While turning; keep the eyes focused on one spot as long as possible, then snapping head around to the same spot; helps to maintain sense of direction, balance, momentum.
- Supporting Leg:** The leg that is supporting the weight of the body.
- Switch Leap:** A jump popping straight up in the air, not traveling forward; working leg stays straight and lifts front, support leg plies, working leg swings back while support leg lifts to assume split position in the air.
- Tendu** (tawn-DEW): To stretch, pushing the foot away from the supporting leg while keeping the toe on the floor.
- Thigh Stand:** With bases in lunge positions with one leg bent and one leg straight, lifted dancer's feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancer's leg and the other hand bracing the foot.
- Three Step Turn:** A turn executed with three steps; step to side still facing front, step other foot across body to second position and face back, open first foot second position to face front again.
- Toe Pitch:** A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.
- Toss:** An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases.



2009-2010 Dance Glossary

Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

Turn: Rotation of the body on supported leg. Emphasis on spotting.

Turned Out: A position in which the legs are rotated outward from the hip joints so that the thighs, knees, and toes face away from the center of the body.

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.