



2009 - 2010 COA Dance Glossary of Terms

Updated 6/12/2009

Airborne-To be free of contact with a person and/or the performing surface

Arabesque (a-ra-BESK) - A movement where the dancer stands on one leg, with the other leg fully extended behind the body.

Attitude (a-tee-TEWD) – A movement in which one leg is raised in back or front with the knee bent, usually with one arm raised. Can also do while turning (Attitude Turn)

Axel (AK-sel) - A tuck jump turning outward, leaving and landing on the same foot. Usually lead into by a chaîné.

Back Bend - A face-up body position where the hands and feet are in contact with the surface and the hips are pushed upwards into an arch position.

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 - Rocking on the ball of the foot then stepping on the opposite foot (a transfer of weight).

Battement (bat-MAHN) - a kick; the working leg is brushed/raised from the hip, with a straight knee, into the air and brought down again. Bottom leg and back are also straight.

Calypso- A chaine into a leap that is in the Ring Leap/Stag position. (See Ring Leap/Stag)

Cambré- To bend from the waist to the side, front or back.

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.

Chaîné (sheh-NAY) - Meaning a chain series of linked turns; keeping feet in first position, turn in one line of direction.

Chassé (sha-SAY) - Meaning to “chase”; plié and slide the working leg away from the supporting leg; touch the supporting leg behind the working leg, land on the supporting leg.

C Jump- A jump where you plié and jump with your back in an arch, head back, legs in an double attitude and hands pushing back.

Coupé (koo-PAY) - Meaning to cut or cutting; when one foot quickly takes the place of the other.

Dance Lift – An action in which a dancer(s) is elevated from the performance surface and set down.

Demi Plié - See Plié.

Développé (dayv-law-PAEY) - An unfolding action of the leg from passé to full extension.

Dig - Ball of one foot is next to instep of other foot; toe dig-working leg on top of toe instead of ball of foot.





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Dive Roll-An airborne forward roll where the hands and feet are off of the performing surface simultaneously.

Drops - dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump, stand, or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Fan Kick - A leg moving in a semi-circle from diagonal to diagonal

Five Positions - In ballet, the basic positions of the feet. First position: Heels touching with feet turned out into a "v" position. Second position: Heels shoulder-width apart with feet turned out. Third position: one foot in front of the other, turned out, with heel of front foot in hollow instep of back foot. Fourth position: one foot in front of the other, turned out, but apart. Fifth position: One foot in front of the other, turned out, with heel of front foot touching toe of back foot.

Fouetté Turn (foo-et-TAY) - A series of turns that are executed in pirouette position with the momentum being provided as the working leg performs Ronds de Jambe. You can also do these turns while holding your leg in second position (Turns a la Seconde).

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.

Grand Jeté (grahnd jah-TAY) - A leap in which working leg stays straight as it brushes forward through first position; supporting leg pushes off to assume a split position in the air.

Grand Jeté a la Seconde - A leap in which the working leg is développéd into the air to a second/side position.

Grand Jeté en Tournant (ahn toor-NAHN) AKA Turning Leap, Barrel Leap - A grand jeté that is lead into with a chaîné; working leg changes places with supporting leg while turning; the working leg takes the landing and becomes the supporting leg.

Grand Plié – See Plié.

Grapevine - Four steps used to move; working foot steps to side, support leg steps behind working foot, working foot steps to side, support leg moves to a dig or point.

Hand-held Props - Items used by the performing team as an extension of the arm/hand, which are easily carried by one person.

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.





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Headstand- A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

Hitch Kick— Battement one leg, switch it with other leg in the air, can be executed to the front, side or back.

Hip Hop— Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

Hip over head rotation-A movement where hips move over the head, as in a back walkover or similar tumbling skill.

Jazz—A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

Jeté/Leap— To jump from one leg to the other. (Grand Jeté is a large leap.)

Jump - Movement taking off and landing on the same foot or both feet.

Kick-Routines emphasize control, height uniformity, extension, toe points, timing and creativity of a variety of kick series. Fifty kicks must be performed in the routine. For a kick to be counted, at least half of the team must perform the kick. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor.

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.

Layout - Cambré back while extending the working leg forward.

Lunge - Weight evenly distributed on both feet, slide one foot to the front, side or back with a bent knee.

Lyrical – Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

Parallel - A position in which the thighs, knees and toes of both legs are facing straight ahead.

Pas de Bourée (pah duh boo-RAY) - Three small steps done by transferring weight from foot to foot, in a down, up, down movement.

Pas de Chat - "Cat's step" The step owes its name to the likeness of a cat's leap.

Passé (pah-SAY) - Lifting one leg with a bent knee with the foot placed next to the opposite knee. (Can be turned out or parallel.)





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Partnering- Any type of trick that uses two individuals, one using the other for support. Different from a Lift in that the lifted dancer is permitted to take control and momentum of the move away from the lifter, as well as the lifter doesn't have to "set down" the dancer. The lifted dancer could jump down, leap down, etc.

Pencil Turn - A turn executed with the working leg held straight and next to the supporting leg.

Piqué (pee-KAY) - Stepping directly onto relevé with a straight supporting leg and working leg in passé.

Piqué Turn - Plié working leg to prepare, piqué onto the supporting leg while turning outward. To finish, bring the working leg down behind you into fifth position to begin the process again.

Pirouette (peer-owe-ET) - A stationary turn performed on one foot in relevé while other foot is in passé (Can be done with a single turn, double turn or triple turn).

Pirouette en Dedans (ahn duh-DAHNN) – AKA Inside Turn; Turning inward or counterclockwise.

Pirouette en Dehors (ahn duh-AWR) - AKA Outside Turn; Turning outward or clockwise.

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.

Plié (plee-AY) - bending, softening, opening of the knee(s).

- **Demi Plié** - half bend of the knees, heels remain on the floor.
- **Grand Plié** - full bend of the knees, heels come off the floor in all positions except second.

Pom- Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

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. See hand-held props.

Relevé (rell-a-VAY) - Raised on the ball of the foot/feet.

Reverse Jeté— A leap that starts like a jeté, but hips and body switch to the opposite direction while hitting the split position.

Ring Leap/Stag— A jump with the front leg straight and the back in attitude (See Calypso).

Rond de Jambe (rawn duh jahm) - Meaning circular, round movement of the leg; executed on the ground or in the air, it refers to the motion of the leg brushing front, opening to side, continuing to the back and closing, and vice versa.





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Rond Versé — A turning and jumping action with both legs fully extended one to the side, the other straight down.

Saut de Chat (soh duh shah) - Executed similarly to grand jeté except instead of brushing a straight working leg, it is développéd from a bent to straight leg as supporting leg is pushing off.

Sauté (soh-TAY) - jumping and landing on the same foot, toes should be pointed in the air.

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.

Sousus (soo-SYEW) - In tight fifth position, relevé.

Soutenu Turn (soot-NEW) – Begin with working leg stepping out and supporting leg closing into a sousous position, then turning.

Split Drop - Dropping to the performing surface from a jump, leap, stand, or inverted position, landing with legs extended at right angles to the trunk in a split position. (Illegal unless feet/hands bear most of the weight and break the impact of the drop.)

Spotting - Used when doing turns; eyes focus on one object while turning.

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.

Standing Prop-A prop that stands on its own, either with legs (ie chair, ladder, table), or some other stable means. Differs from a handheld prop in that it takes more effort to manipulate and does not fit in your hands as easily.

Step Dig - Step out with working foot, then dig down with the ball or toe of the supporting foot.

Step Point - Step out with working foot, then point with supporting foot.

Supporting Leg - The leg that supports the weight of the body so working leg is free to execute a given movement.

Switch Leap - Large leap switching legs in the air. The dancer brushes the first leg 45 degrees forward off the ground, then back, lifting into a grand jeté. This also can be done by switching into a second, or open, position (Open Switch Leap).

Switch Tilt Leap— A leap in which your working leg starts to split leap and then switches to a tilted second position-working leg is higher than supporting leg. Arms follow legs.

Tendu (tawn DEW) - To stretch, pushing the foot away from the supporting leg while keeping one toe on the floor.





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Tendu Devant— Tendu to the front.

Tilt Jump— A jump where your legs form a diagonal in the air, with arms reaching toward legs.

Thigh Stand-With bases in lunge positions with one leg bent and one leg straight, lifted dancers 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 dancers 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 to second position to face front again (preliminary to chaîné turn).

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.

Toe Roll - Executed on relevé and hinged; body arches back arms in high V released, body contracts to floor; toes remain in contact the entire movement, hands catch body weight.

Toe Touch- A jump where the legs plié and then jump out to a wide second position; arms reach out as if they will touch the toes.

Tombé (tawn-BAY) - Meaning to fall, step down.

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

Trick - Creative choreography/athletic skills resulting in a surprise effect.

Tumbling - Rolls, (forward, backward, etc.) inverted extended skills, (examples: cartwheel, walkover, front/back handsprings, etc.) and flips that involve a hip over head rotation.

Turn - Rotation of the body on supported leg.

Turned Out - A term referring to the outward rotation of your feet, legs and hips.

Turning 'C'- C Jump lead into with a Chaîne.

Turning Switch Leap— Large leap switching legs in the air, which is lead into with a chaîné turn. The dancer brushes the first leg 45 degrees forward off the ground, then back, lifting into a grand jeté.

Variety- Routines will incorporate a blend of jazz, pom and hip hop styles. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed.





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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.

Working Leg - The leg that is executing a given movement while the weight of the body is on the supporting leg.

KICK TERMINOLOGY:

Prep- The plié “in between” kicks. Do not make this too bouncy.

Hookup- Attaching the dancers together to form a kickline. Your right palm faces downward and rests on the shoulder blade of the other person next to you. Your left palm faces forward and rests on the upper back of the person next to you.

Straight Kicks- Kicks that extend straight out in front of you.

Hooks- Your kicking leg goes to passé, then returns to the prep position before kicking again (Usually followed by a straight or diagonal kick).

Inside Diagonal Kicks-Your leg kicks across your body at a diagonal.

Outside Diagonal Kicks- Your leg kicks away from your body at a diagonal.

Fan Kicks- Your leg kicks across your body to the corner, then continues to swing to the opposite corner.

Grads/Progressions- A kick sequence that begins with a low, ground-level straight kick, then goes up to a mid, waist length straight kick, then finishes with a high straight kick.

Around-the-World- A kick sequence that starts with an inside diagonal kick, a straight kick with that same leg, a straight kick with the opposite (supporting) leg, and an outside diagonal kick with your original leg.

