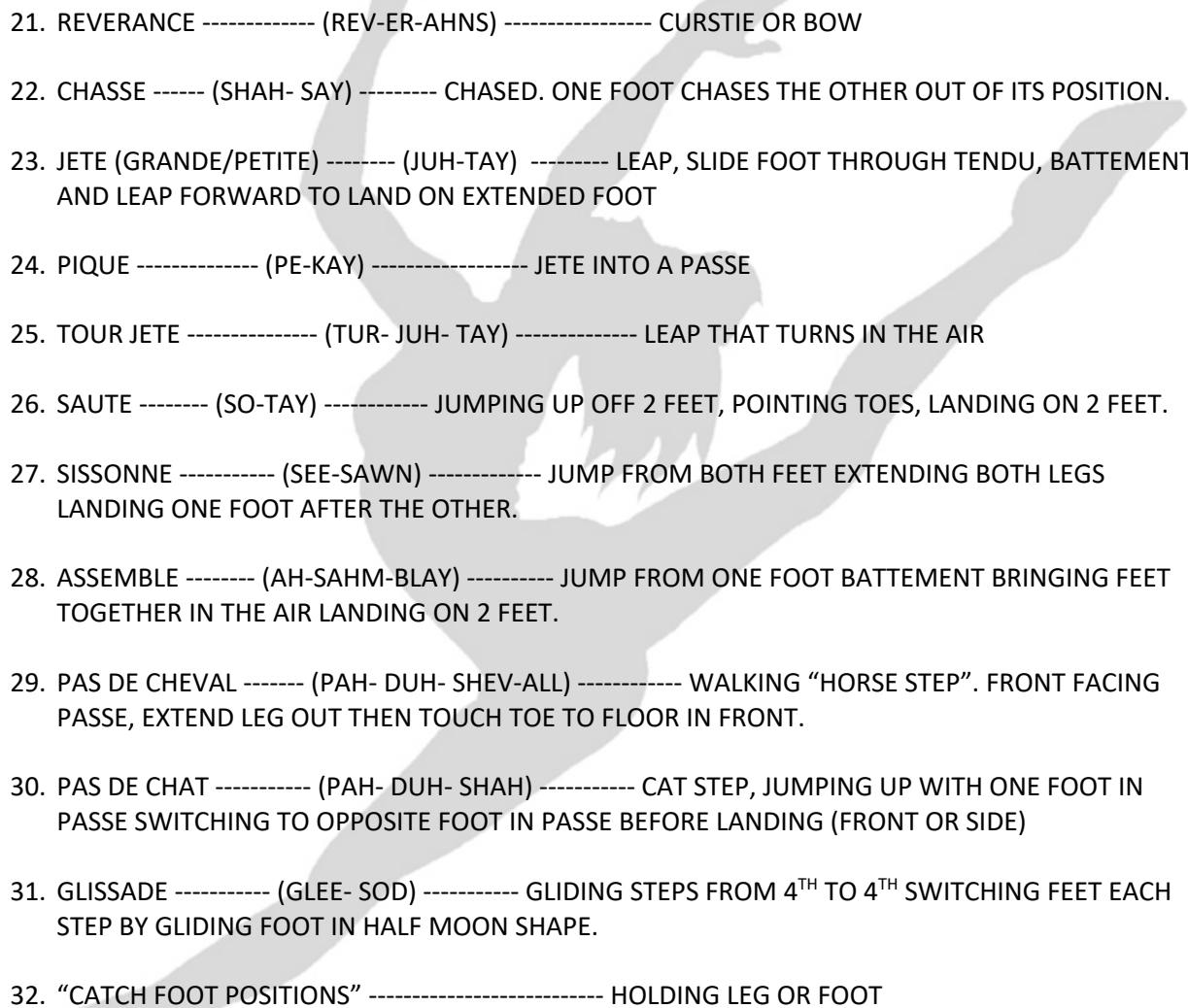


# BNR Dance Company Element List

<u>ELEMENTS</u>	<u>PRONUNCIATION</u>	<u>DESCRIPTION</u>
1. FIVE BALLET POSITIONS -----	FOOT AND ARM PLACEMENTS	
2. TURN OUT -----	TURNING FEET AND LEGS OUT FROM THE HIP JOINTS	
3. PORT DE BRAS ----- (PORT-DE-BRAHS) -----	ARMS. HOW TO MOVE AND POSE THE ARMS CREATING GRACEFUL MOVEMENT.	
4. TENDU ----- (TON-DUE) -----	STRETCHED/POINTED LEG AND FOOT	
5. DEMI PLIE ---- (HALF PLEE-AY) -----	BEND KNEES SLIGHTLY TO DIAMOND SHAPE	
6. GRAND PLIE --- (BIG PLEE-AY) -----	KNEES BEND FULLY OUTWARD TOES RISE TO DEMI POINTE	
7. RELEVÉ ----- (REL-UH-VAY) -----	RISE UP ON THE TOES TO DEMI POINTE	
8. COUPÉ ----- (KOOP-PA) -----	TOE POINTED AT ANKLE, KNEE TURNED OUT	
9. PASSE ----- (PA-SAY) -----	TOE TO KNEE, KNEE TURNED OUT	
10. TEMPS LEVÉ ----- (TAHN- LU-VAY) -----	A SMALL HOP ON 1 FOOT	
11. BATTEMENT ----- (BAT- MON)-----	RAPID ELEVATED STRAIGHT LEG EXTENSION	
12. FRAPPE ----- (FRAP-PAY) -----	MULTIPLE QUICK FOOT MOVEMENTS FROM COUPÉ TO EXTENDED LEG.	
13. DEVELOPPE ----- (DEV-LOW-PAY) -----	TOE DRAWS UP TO PASSE THEN EXTEND LEG FULLY OUT STRAIGHT AND LOWERING THE STRAIGHT LEG TILL THE TOE TOUCHES THE FLOOR	
14. PIROUETTE ----- (PEER-ROW-WET) -----	TURN IN PASSE	
15. PIQUÉ TURN ----- (PE-KAY TURN) -----	JETE INTO PASSE TURN	
16. CHAINES ----- (SH-E-NEYZ)-----	URNS OPENING TO 2 <sup>ND</sup> AND CLOSING TO 1 <sup>ST</sup>	
17. ROND DE JAMBE ----- (RAHN- DU-JAHM) -----	TENDU TO FRONT DRAW HALF CIRCLE WITH TOE THEN BRING FEET TOGETHER	
18. A'TERRE ----- (AH-TARE) -----	THE EARTH. ON ONE KNEE/FLOORWORK	
19. ARABESQUE ---- (AIR-UH-BESK) -----	STRAIGHT LEG EXTENTION BEHIND	
20. ATTITUDE ----- (AH-TEE-TEWD) -----	LEG EXTENSION BEHIND WITH KNEE BENT 90* ANGLE	

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21. REVERANCE ----- (REV-ER-AHNS) ----- CURSTIE OR BOW
  22. CHASSE ----- (SHAH- SAY) ----- CHASED. ONE FOOT CHASES THE OTHER OUT OF ITS POSITION.
  23. JETE (GRANDE/PETITE) ----- (JUH-TAY) ----- LEAP, SLIDE FOOT THROUGH TENDU, BATTEMENT AND LEAP FORWARD TO LAND ON EXTENDED FOOT
  24. PIQUE ----- (PE-KAY) ----- JETE INTO A PASSE
  25. TOUR JETE ----- (TUR- JUH- TAY) ----- LEAP THAT TURNS IN THE AIR
  26. SAUTE ----- (SO-TAY) ----- JUMPING UP OFF 2 FEET, POINTING TOES, LANDING ON 2 FEET.
  27. SISSONNE ----- (SEE-SAWN) ----- JUMP FROM BOTH FEET EXTENDING BOTH LEGS LANDING ONE FOOT AFTER THE OTHER.
  28. ASSEMBLE ----- (AH-SAHM-BLAY) ----- JUMP FROM ONE FOOT BATTEMENT BRINGING FEET TOGETHER IN THE AIR LANDING ON 2 FEET.
  29. PAS DE CHEVAL ----- (PAH- DUH- SHEV-ALL) ----- WALKING "HORSE STEP". FRONT FACING PASSE, EXTEND LEG OUT THEN TOUCH TOE TO FLOOR IN FRONT.
  30. PAS DE CHAT ----- (PAH- DUH- SHAH) ----- CAT STEP, JUMPING UP WITH ONE FOOT IN PASSE SWITCHING TO OPPOSITE FOOT IN PASSE BEFORE LANDING (FRONT OR SIDE)
  31. GLISSADE ----- (GLEE- SOD) ----- GLIDING STEPS FROM 4<sup>TH</sup> TO 4<sup>TH</sup> SWITCHING FEET EACH STEP BY GLIDING FOOT IN HALF MOON SHAPE.
  32. "CATCH FOOT POSITIONS" ----- HOLDING LEG OR FOOT