



Here is a list of **MOST** of the steps we do in our dance classes. Our monthly lesson plans incorporate these steps into fun combinations, steps across the floor, and other activities in class.

Ballet Steps

Four positions of the feet: first, second, fourth, fifth

Port de bras : carriage of the arms - a movement or series of movements made by passing the arm or arm through various positions.

Grande Port de bras (ice cream scoop): carry arms and top of body to the floor; come up reaching arms up over head and arching back

Grand plié: a full or complete bending of the knees

Demi plié: a half-bending of the knees

Dégagé: In between a tendu and a grande battement, the foot slightly leaves the floor.

Tendu: pointing the foot while keeping contact with the floor

Changement: Literally "changing". A jump in which the feet change positions in the air (typically done in fifth position).

Rond de Jambe (Paint a circle on the floor) circle of the leg - the working leg describes a semi-circle on the ground

Passé: lifting the foot to knee level or to pass it from the front to back

Arabesque: standing on one leg and the other leg is extended to the back

Rélevé : to raise the body onto half toe (Standing on balls of feet)

Echappé: a small jump starting in 1st position, opening to 2nd position and back to 1st

Chassé: one foot literally chases the other foot out of its position (like a gallop)

Glissade :to glide- a moving step that involves a dégagé with each leg- one foot leads and the other follows

Pirouette: whirl or spin - a complete turn on one foot

***Pas de Chat** step of the cat- a moving step where both legs are picked up through passé

***Since Pas de Chat is too technical for the young dancers, we teach our own version called a Kitty Leap. Kitty Leaps are done across the floor using hands as kitty paws. Instead of turning the legs out and using passé, the dancers pick their legs up in front of them, one at a time. A Pas de Chat, but inverted!**

Jazz Steps

Ball Change- one foot in front, one foot in back; step back and forth

Leg switches- one foot in front, one foot in back; jump up and switch feet, landing with the opposite foot in front

Step dig- step apart, bring other foot in and dig toes into the floor. Alternate feet either in place or across the floor

Bunny hops- hop across the floor using hands as bunny ears, paws, or a tail. Can also be done in Tap

(No name steps):

Jump apart raising hands over head, touch the floor, push feet out behind you, then bring them in. Repeat

Jump apart, cross, spin (sometimes we call it “the mummy” because of the way we cross our arms and legs!)

Jazz Square- Step front on one foot, then cross with the other, then step back, and side (front, cross, back, side, making the shape of a square)

Kicks- in place or across the floor; front, side, and back are learned

Leap- back kick with a hop

Pivot Turn- one foot is anchored to the floor while the other foot steps front, then we turn to face the back of the room; step again and turn to face the front

Rainbow- stand with legs apart, reach arms up in an arc like a rainbow, put hands on one knee and bounce, repeat on the other side

Toe touches- touch toes of 1 foot to the front, then step together; continue switching feet

Heel step- touch heel to the floor somewhere between the front and side, then step together; continue switching feet

Marches

Shakes

Tap Steps

Toe taps- tap toes to the front, side, and back. I usually have the dancers count 7 toe taps, then step together, repeat on other foot, and do front side, back on each foot

Heel step- same as in jazz definition

Heel-toe-step- touch heel to the front (somewhere between front and side), then tip of toe to the back. No brushing is involved. Dancers also like to do "heel-to-away we go!" with marches at the end.

Ball Change: Alternately weight on the balls of the feet from each foot. (Back, front)

Shuffle- brush foot front and back. I have the dancers do 3 on each foot, then 2, the just shuffle step

Irish-shuffle on one foot, hop on the other, then step

Flap- brush, then tap toe to the front. Can be done in place or across the floor

Maxie Ford- step on the right foot, shuffle with the left, "leap" (jump) to the left foot (weight changes from right to left foot), tap the tip of the right toe on the floor

Marches

Bunny hops

On the mat

Somersault- Front or back flip; be sure to tuck the chin to chest

Bridge- begin laying on mat with knees bent and hands by head, then lift stomach up

Back bend- Start standing with arms above head, fall back into a bridge. Be sure to keep hands under dancer for support

Rocking horse- lay on stomach, reaching back and holding feet. Dancer looks up to the ceiling and rocks back and forth

Head stand- place hands and head in a triangle position on mat, instructor then lifts dancer's legs and holds them straight up

Balancing- standing on one foot, putting other leg and arms in various positions and holding it