



French Ballet Terms and their Meanings



Have you ever wondered what all of those sophisticated terms used in ballet really mean? Look at the English translation and then use your dance knowledge to explain why it is used to describe the moves you have learned. When you are done, share your descriptions and demonstrate these moves for the class!

French	English	Description of move
Ballon	Balloon, ball	The dancer bounces like a balloon or ball.
Chaînés	Chained	The dancer makes a series of turns that look like the links in a chain.
Changement	Changing	
Chassé	Chased	
Croisé	Crossed	
Demi	Half	
Échappé	Escaped	
Elevé	Lifted	
Glissade	Slide	
Grand Pas	Big step	
Pas de chat	Cat step	
Pas de cheval	Horse step	
Pas de deux	Two step	
Pas de valse	Waltz step	
Petit saut	Little jump	
Pirouette	A spinning top	
Plié	Bended	