**DANCE**

**Fall Semester Final Review**

Be able to **DEFINE** and **IDENTIFY** the following terms:

**Demi Plié** – half bend

**Grand Plié** – large bend

**Tendu** – to stretch

**Dégagé** – to disengage

**En Croix** – in the shape of a cross

**Relevé** – to rise

**Chassé** – to chase

**Sauté** – to jump

**Passé** – to pass

**Pirouette** – to whirl or spin

**Know the feet positions:**

**   **

**Know the following:**

* The CORE is the most important muscle in a dancer’s body.
* It is important for dancers to properly stretch and warm up to prevent injuries.
* Tendu and Dégagé are a brushing action.
* Tendu stays connected to the floor
* Dégagé disengages with the floor
* Your heel stays connected to the floor in a Demi Plié
* Your heel comes off the floor in a Grand Plié in 1st, 4th, and 5th positions.

\*Be able to talk about how the rehearsal process is important to the success of the performance.