**Benchmark #1 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