**BENCHMARK #3**

**Review**

**Be able to DEFINE 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
* **Rond de Jambé** – round of the leg
* **En Dehors** – outward
* **En Dedans** – inward
* **Grand Battement** – large beating
* **Grand Jété** – large throwing step
* **Piqué** – to prick

**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, Dégagé, and Grand Battement are brushing actions.
* In Tendu your foot stays connected to the floor.
* In Dégagé your foot disengages from the floor.
* In Rond de Jambé your foot stays connected to 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.
* Your heel stays connected to the floor in Grand Plié in 2nd position.
* In a pirouette the energy goes up.
* When you perform a pirouette to the right your left foot and right arm are prepped front.
* When you perform a pirouette to the left your right foot and left arm are prepped front.
* When performing a piqué turn your supporting knee stays straight.
* When performing a Grand Jété your energy travels up.
* When performing a Grand Jété you take off from your back foot and land on your front foot.
* The three elements of choreography are Time, Space and Energy.
* Three choreographic devices are AB Form, Highlighting, and Canon.

**Know the Feet Positions:**

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**\*Be able to talk about the Choreographic process. Your experience creating a piece with your group members…creative process, working with others, the positives and negatives.**