



Body Directions Required for Level 2 Placement

There are limited positions in which one can execute any ballet step in classical ballet technique. These positions are referred to as the 'body directions'. Several factors are included in each body direction: The dancer must determine if the leg is extended front, side or back; the dancer must determine if they are facing upstage or downstage; the dancers must determine if the leg is crossed or open. The placement of *port de bras* varies in different ballet methods.

Determining if the leg is placed front, side or back:

En Avant/Devant- A step traveling or moving forward

En arrière/Derrière- A step traveling or moving backward

A la seconde- Second position. Indicates a pose done with the leg to the side of the body.

Quatrième- Fourth position. Indicates a pose done with the leg *en avant* or *en arrière* (front or back)

Determining if you are facing forward or backward:

En face – literally, face to face. *En face* is used to describe a pose done facing the audience on a flat stage.

Épaulé- Indicates a body direction performed while looking over the shoulder, towards the audience. Usually done facing upstage (the back), unless *en face* is indicated, which means the dancer must move the arms to achieve *épaulé*.

Determining the direction (whether the leg is crossed or open):

Effacé, effacée [eh-fa-SAY]-Shaded. This direction is sometimes called *ouvert*. *Effacé* describes a pose in which the legs are open (not crossed). The dancer stands at an oblique angle to the audience so that a part of the body is taken back. This pose may be taken *devant* or *derrière*, either *à terre* or *en l'air*.

Croisé, croisée [kmJah-ZAY]-Crossed. The crossing of the legs with the body placed at an oblique angle to the audience. This pose may be taken *devant* or *derrière*, either *à terre* or *en l'air*.

Écarté [ay-har-TAY]-Separated, thrown wide apart. *Écarté* is one of the eight directions of the body. In this position the dancer faces either one of the two front corners of the room. The leg nearer the audience is pointed in the *a la seconde* position *à terre* or raised to the second position *en l'air*. The arms are unusually as it is the same are extended as the leg extended.

Épaulement [ay-pohl-MAHN]-Shouldering. The placing of the shoulders. Usually describes a movement of the torso, bringing one shoulder forward and the other back with the head turned or inclined over the forward shoulder but also indicates any movement of the head over the shoulders.



En face A la seconde



Effacé derriere (en face)



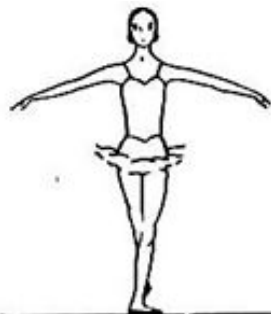
En face devant/Quatrieme devant



Effacé epaulé (en face)



Croisé derriere (en face)



En face derriere/Quatrieme derriere



Écarté devant (derriere
would send the leg upstage)