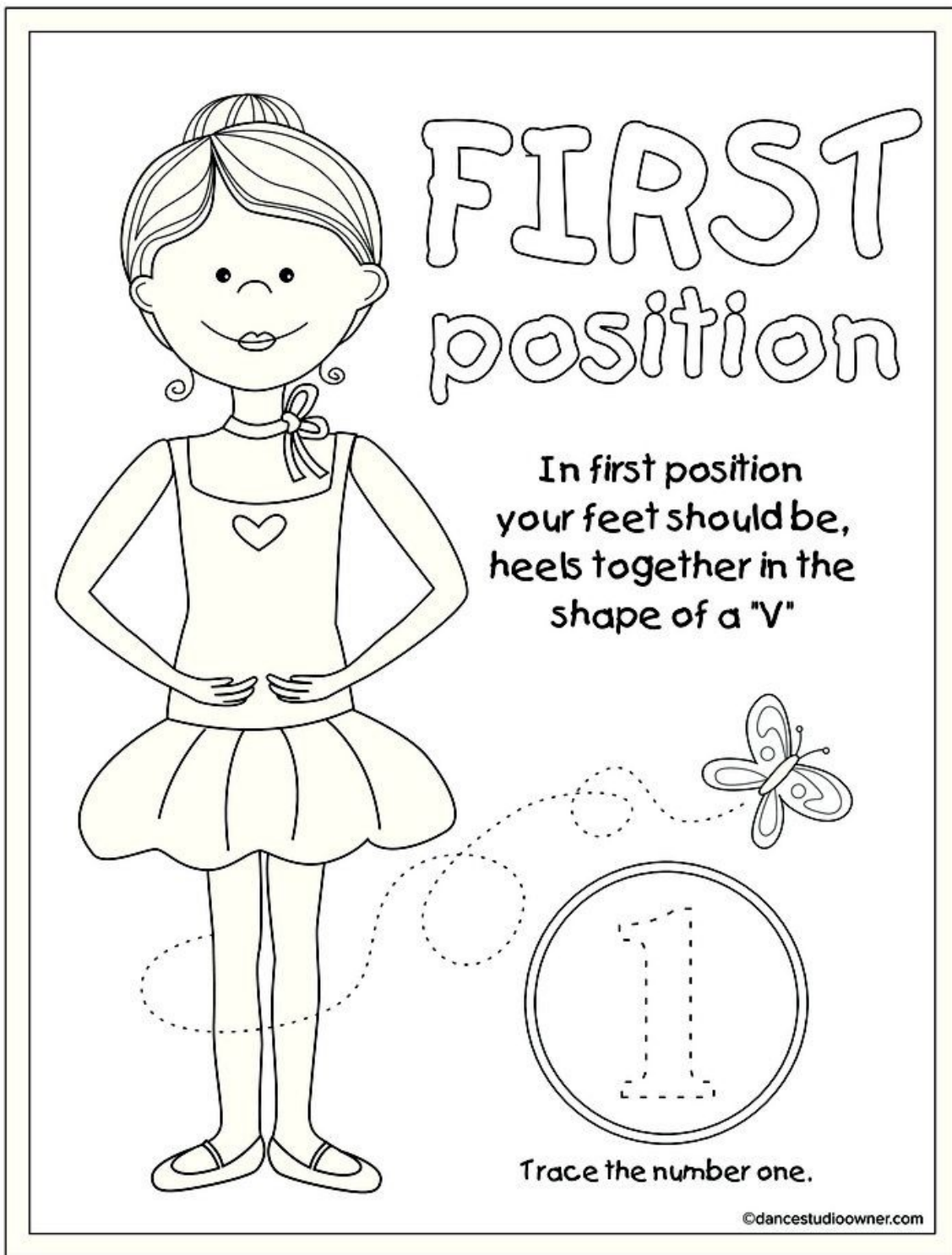


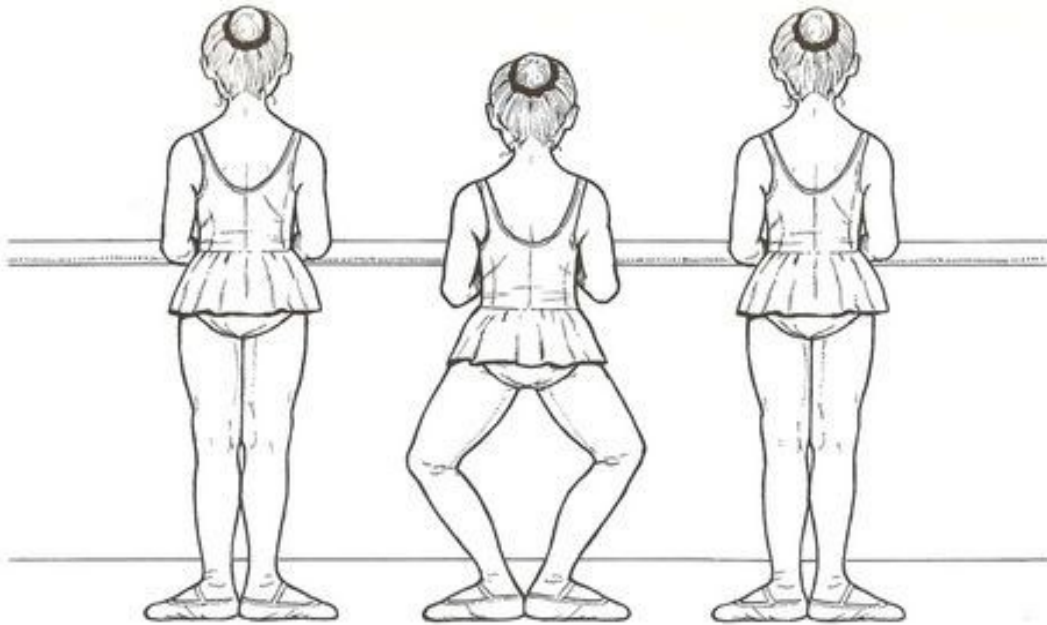
Ballet Coloring Book



Ballet Vocabulary

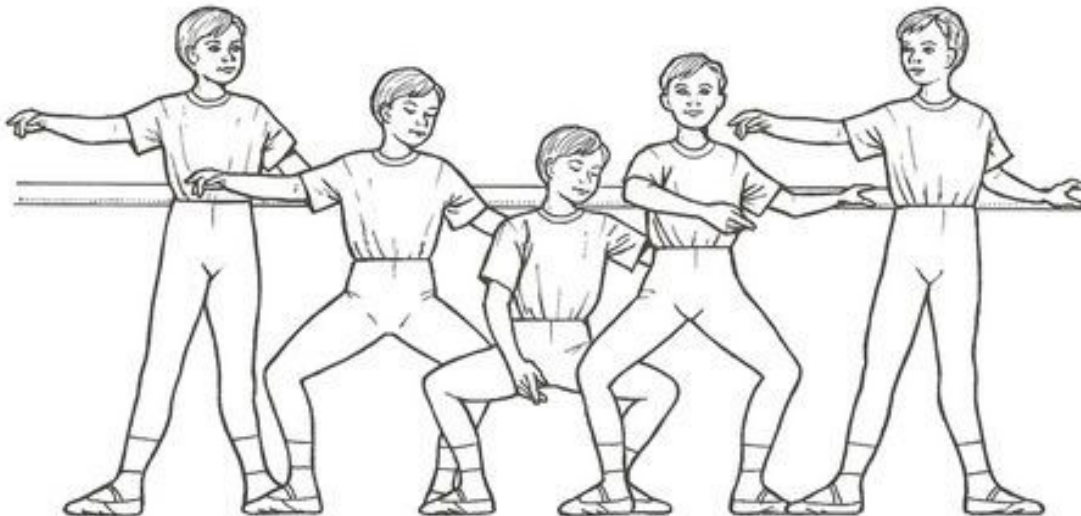
Plié: to bend

A smooth and continuous bending of the knees outward, while maintaining the ballet position with your feet, turn out of the legs, and with the upper body held upright. Heels stay on the floor in demi-plié.



Grande Plié

Is a deeper bending of the knees outward, while maintaining the ballet position with your feet, turn out of the legs, and with the upper body held upright. Heels come off the floor in grande plié.



Ballet Vocabulary

Relevé: to rise

Demi- pointe: Rising onto the balls of your feet.

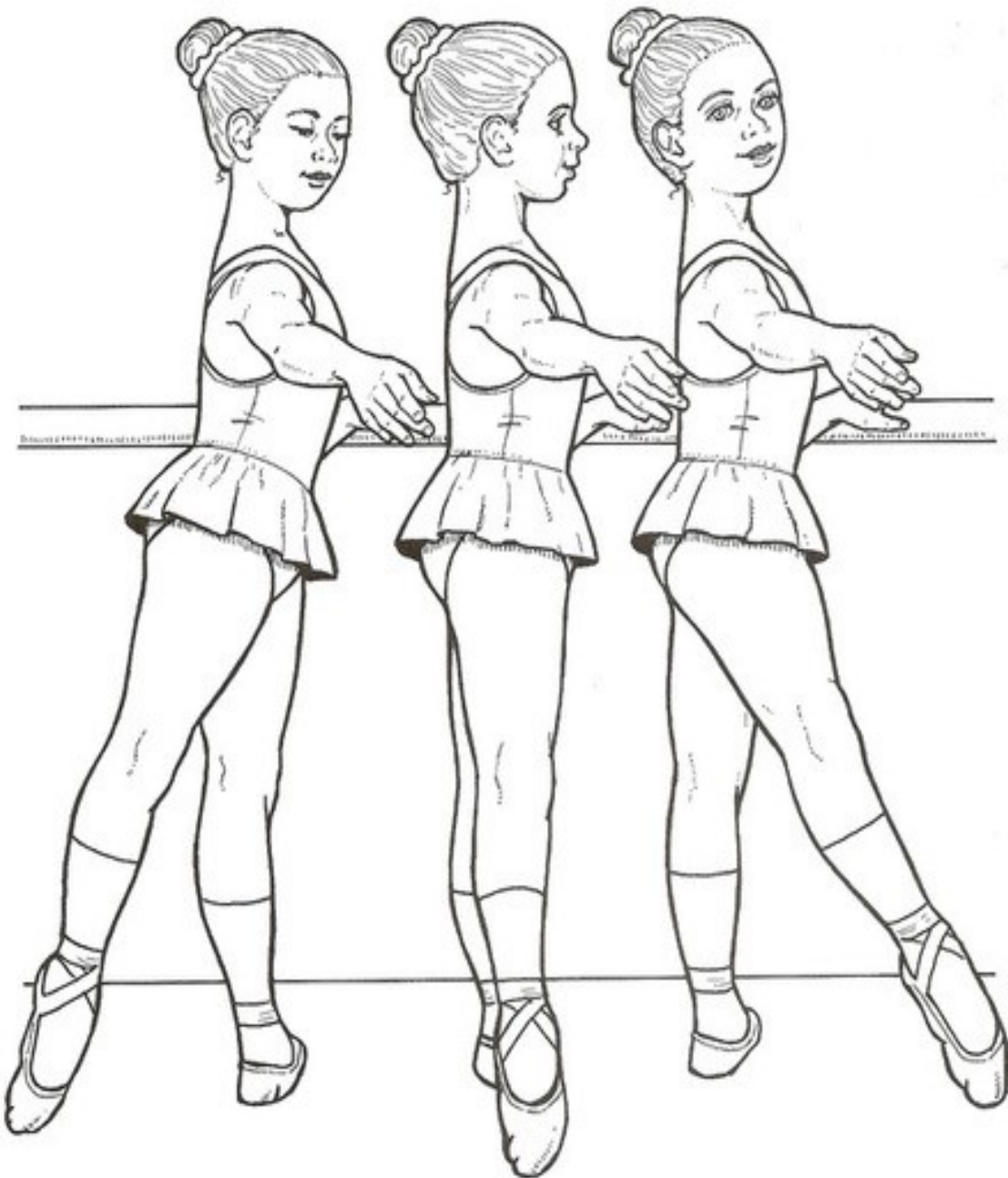
En Pointe: Rising onto your toes.



Ballet Vocabulary

Tendu : to stretch

Gradually extending the working leg to the front, side, or back, passing from flat to demi-pointe to point where only the toes are touching the floor.



Ballet Vocabulary



Arabesque

(ah-rah-besk)

*Stand on one leg with
the other leg extended
behind you.*

*Always remember to keep
your back up and stretch
your knees. It is important
to keep both legs turned
out!*

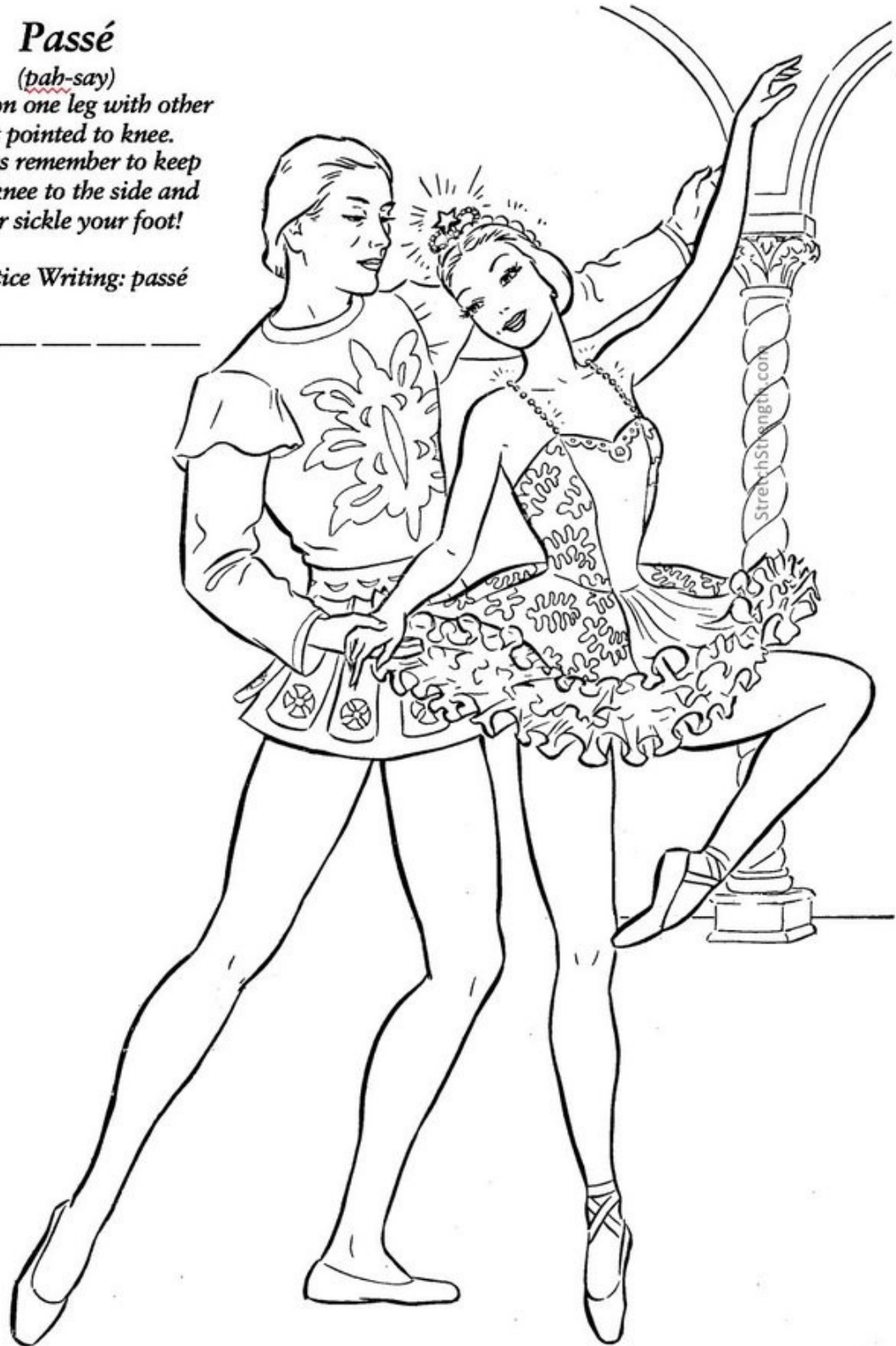
Ballet Vocabulary

Passé

(pah-say)

*Stand on one leg with other
foot pointed to knee.
Always remember to keep
your knee to the side and
never sickle your foot!*

Practice Writing: passé



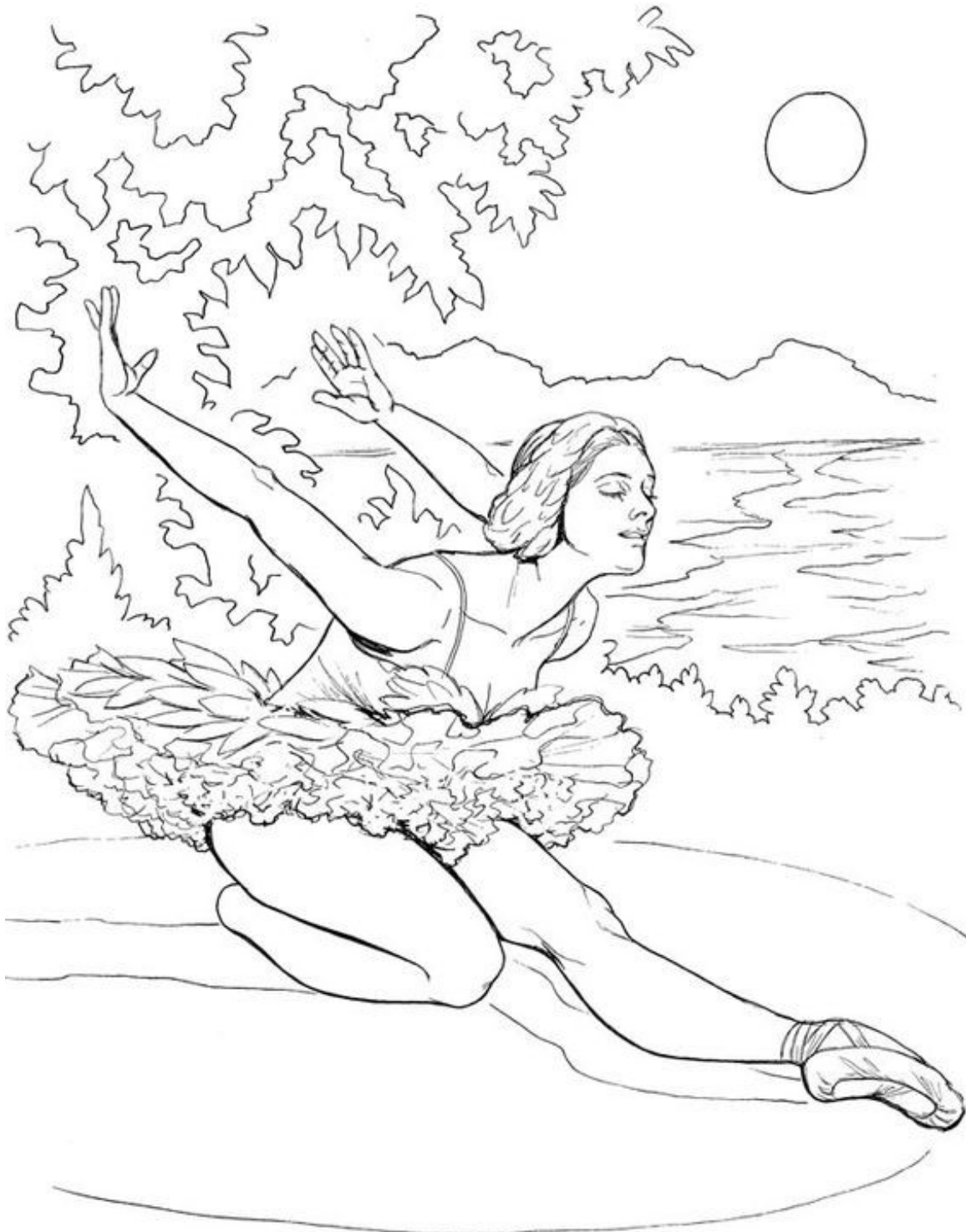
Ballet Vocabulary

Pirouette: To Whirl About



Swan Lake

Swan Lake is a famous classical ballet that features magic, romance and tragedy. It tells the story of Prince Siegfried who falls in love with a swan princess named Odette. Under the spell of a sorcerer, Odette spends her days as a swan swimming on a lake of tears and her nights in her beautiful human form.



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The Firebird

Firebird is a famous classical ballet that tells the story of Prince Ivan's journey. While hunting in the forest, he strays into the magical realm of Koschei the Immortal, whose immortality is preserved by keeping his soul in a magic egg hidden in a casket. When Koschei sends his minions after Ivan, he summons the Firebird.



Giselle

Giselle is a famous classical ballet that tells a romantic story that ends with betrayal and tragedy. Giselle is a peasant who loves to dance, despite having a weak heart. Count Albrecht and her are in love. Although she has a weak heart, Giselle loves to dance. Her beauty enchants Prince Albrecht who pursues Giselle, but does not tell her he's the Prince. When Giselle discovers the truth, she goes mad and dies of a broken heart.



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La Sylphide

La Sylphide is a classical ballet that tells the story of a young Scottish farmer, James, who, on the eve of their wedding, abandons his betrothed, Effie, after being enticed away to the forest by the ethereal Sylphide of the title. But when the Sylphide dies and Effie marries another, James is left tragically alone.



The Nutcracker

This classical ballet tells the story of a young girl named Clara, who receives a magical present, the Nutcracker, on Christmas Eve. The present comes to life that night and leads Clara on an exciting adventure that includes a battle with the mouse king, a journey through the land of snow and a visit with the Sugar Plum Fairy in the land of sweets.

