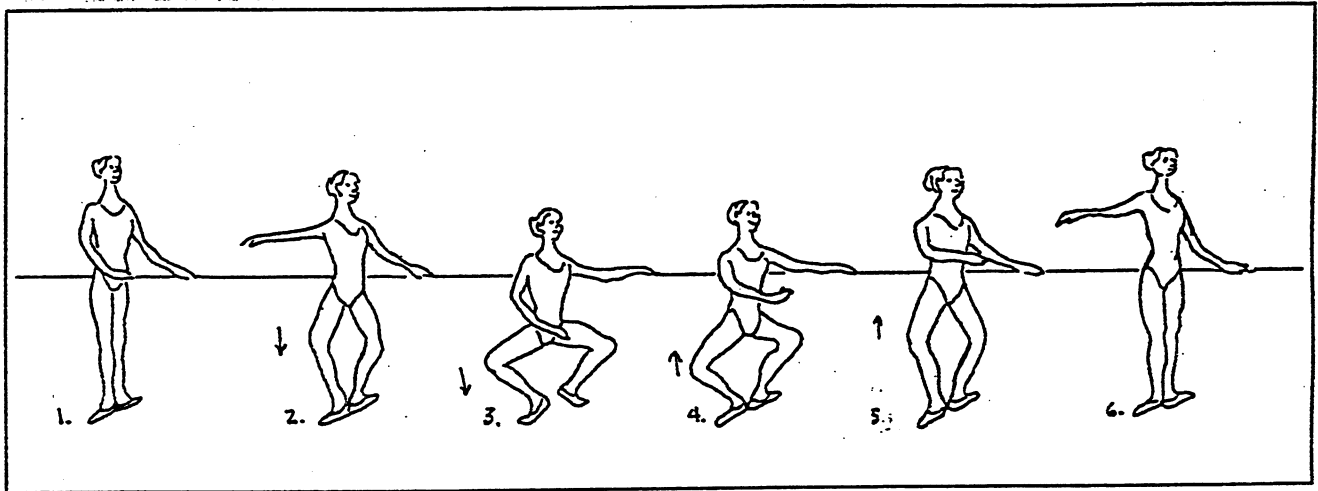


# SOME BASIC BALLET STEPS

## THE PLIÉ

*Plié* comes from the French word, *plier*, to bend. It is a special bending exercise which relaxes the muscles and helps the dancer develop strong legs and flexible knees. To do a *plié*, stand with your feet turned out to the side and bend your knees until your thighs are parallel to the floor (hold on to something if you try this). *Pliés* are done in all five positions. In one 90 minute class a dancer does hundreds of *pliés*. Many ballet moves start or end with a *plié* so it's important to do them well.



## THE GRAND JETÉ

A *jeté* (from the French word, *jeter*, to throw) is a jump from one foot to the other. A *grand jeté* is a big leap forward with both legs straight out--one in front and one in back. Dancers work very hard to jump high and do a perfect split in mid-air.

