

Ballerina Swan and the Nutcracker

Sophie the Swan is a wonderful ballerina! Learn about some of the ballet terms, steps and dance moves Sophie and her friends are doing in their brand new dance adventure!



BARRE

A handrail used for support during exercises.



PLIE

Bending the knees, often a warm-up exercise.



TURNOUT

A rotation of the leg that comes from the hips, causing the knee and foot to turn outward, away from the body.



EPAULEMENT

Elegantly positioning the shoulders so that one is forward and the other is back with the head turned or inclined.



PORT DE BRAS

A movement in which arms pass gracefully through several positions.



LINE

Describes the outline of a dancer's complete body while performing steps or poses.



GRAND JETE

A high jump from one foot to the other, this step looks like a split leap.



RELEVE

A raising of the heels onto the pointes or demi-pointes.



FINALE

The last dance or section of a ballet that sums up the entire story.



PIROUETTE

A turn of the body standing on the supporting leg while the working leg is in retire.



TENDU

The working foot slides from the supporting leg without lifting the toe from the ground until the toe has reached a full pointe. Then it slides back.

We have some questions for you!
Have you ever done ballet before?

Which of these steps do you think looks the hardest?

Which of these steps do you think looks the easiest?

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Can you unscramble the ballet terms, steps and dance moves below?

Pay attention to the letters in the circles, you'll need them at the end to make the final word!

ERARB	_____○_____	PLMEETAENU	_____○_____
UTEDN	_____○_____	GNRDA JTEE	_____○_____
		<i>Two words</i>	
NFELIA	_____○_____	RTOETUPEI	_____○_____
		ROTP ED ABSR	_____○_____
		<i>Three words</i>	

Unscramble all of the letters in the red circles to reveal the final word!

SEE SOPHIE THE SWAN AND HER FRIENDS IN A NEW DANCE ADVENTURE THIS WINTER!

PLAYING NOVEMBER 26TH – DECEMBER 18TH, 2016