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Battement tendu [bat-MAHN tahn-DEW] Literally: stretched battement. This is the basic step of ballet and is normally the first exercise of the barre. The dancer will start from a first or fifth position and will extend the working leg devant, derrière or a la seconde while brushing the floor with the foot.

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balletHub noted as balletHub noted the five basic positions are usually

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glossary of ballet language used to define a plie is a basic movement in ballet that is defined as a ballet dancer bending at the knees a plie can be done in 1st 2nd 4th and 5th positions pas pas is a term used in ballet to describe a step you'll commonly hear pas being used for almost any step that involves the transfer of weight pas de couru

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