

BASIC TERMS FOR BITTYRINAS

We hope our flashcards accompanied by these lists and activities help you prepare for dance class, Bittyrina!

FEELINGS & EMOTIONS

CONTEMPLATIVE - To consider with much attention... in the state of thinking about something really hard!!

HAPPY - As described by a bittyrina, "The way playgrounds with seesaws and slides make me feel."

NERVOUS - Uneasy. Your tummy may tingle, your hands may feel sweaty, or you may feel too small for a big task.

PREPARED - To be ready for something that you will be doing or something that you expect to happen.

SAD - When you are not happy, you might be sad. If you break your favorite toy, you'll probably feel this way.

SHY - A little scared and avoidant. You may feel shy when you are nervous about meeting a new person.

ACTION & MOVEMENT

ASSIST - To act in a way that helps someone.

BATTEMENT - Extension of one leg forwards, sideways, or backwards, either once or repeatedly.

CLAP - To strike the hands together and create sound. Can be done repeatedly, usually in applause.

GRAND PLIE - A full and deep bending movement of the knees with thighs horizontal to the floor.

DEMI PLIE - Slight bending movement of the knees.

DEMONSTRATE - To show or make clear by using examples.

DRESS - To put clothes on yourself or someone else.

GRAND JETE - A big jump where the dancer throws one leg into the air, pushes off the floor with the other, jumping into the air and landing again on the first leg.

INSTRUCT - To give information to another person. Teachers instruct students.

PASSE - A movement in ballet in which one leg passes the standing leg, sliding close to the knee.

POINT - To bend your foot down so that the top of it and the front of your leg form a straight line.

RELEVE - A movement in which the dancer rises on the tips of the toes.

RUN - A little scared and avoidant. You may feel shy when you are nervous about meeting a new person.

SAUTE - A jump off both feet, landing in the same position.

SHOP - To visit one or more stores or websites to buy goods.

SKIP - A small, light, dancing or jumping step.

STRETCH - To draw out or extend your body or parts of your body.

TENDU - The action of stretching your leg and foot out from one position to another, while keeping it on the floor.

UNDRESS - To remove your clothes or remove the clothes from someone else.

WALK - To move forward or travel on foot at a moderate speed or pace.

How do you feel when you dance? How do you feel during dance class?

BASIC TERMS FOR BITTYRINAS

PEOPLE

AUDIENCE - A group of people together in one place to watch or listen to a performance.

BALLERINA - A female ballet dancer who studies the art as a professional.

BIG SISTER - Bittyrina GiGi's older sister who helps her as she encounters new experiences.

CHLOE - Bittyrina GiGi's close friend who is shy and gets a little nervous when it's time to meet new people.

DADDY - Bittyrina GiGi's father. He is great at keeping Bittyrina GiGi organized and helping her prepare for activities.

FRIENDS - A person who is not a member of your family, but you know well and like a lot. A friend is someone you trust.

LIL' BUNNY TUTU - Bittyrina GiGi's plush friend who comforts her when she is nervous.

MISS SHEILA - Bittyrina GiGi's dance instructor who is an expert dancer and the owner of Miss Sheila's School of Dance.

MOMMY - Bittyrina GiGi's biggest fan who encourages her to try new things and explore her natural talents.

PLACES

CENTER FLOOR - The portion of ballet class when you practice floor movements, turns, and small jumps.

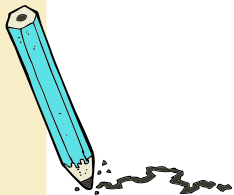
CENTER STAGE - At or toward the middle of a stage.

NEIGHBORHOOD - A group of houses or buildings that are together in an area or that are grouped together.

SCHOOL - A place where children go to be educated.

STORE - A place where you can buy things.

Draw a picture of yourself going to your favorite place with your favorite people.



BASIC TERMS FOR BITTYRINAS

POSITIONS

ARABESQUE - A position in which you support your body on one leg and extend the other horizontally backward.

EN FACE - Facing forward.

FIRST POSITION OF THE FEET - The legs are externally rotated, and heels are together.

FIRST POSITION OF THE ARMS - With elbows slightly bent and hands almost touching, hold both arms low in front of the body. Fingers should be almost in line with your belly button!

SECOND POSITION OF THE FEET - The legs are externally rotated and separated by the distance of one foot, in the frontal plane.

SECOND POSITION OF THE ARMS - Raise your slightly-rounded arms to the side and keep your elbows just below your shoulders. Keep your neck long and your shoulders down.

THIRD POSITION OF THE FEET - The legs are externally rotated, and one heel is placed in front of the other.

THIRD POSITION OF THE ARMS - Raise one of your arms above your head with your elbow slightly-bent. Raise the other arm to the side with it also slightly bent and at the same level as your belly button.

FOURTH POSITION OF THE FEET - The legs are externally rotated, one foot is crossed in front of the other, separated by the distance of one foot.

FOURTH POSITION OF THE ARMS - Bring a slightly-rounded arm forward at chest level. Then, raise your other arm above your head and slightly bend the elbow.

FIFTH POSITION OF THE FEET - The legs are externally rotated, one foot is crossed in front of the other, with forward toe touching the back heel.

FIFTH POSITION OF THE ARMS - Raise your arms over your head and bring them forward just enough to see your hands without moving your head. Bend both elbows to round your arms.

PREPARATION - A position or movement that prepares a dancer for another, usually more difficult, step.

Keep track of the positions that you learn from your instructors and note the positions that you look forward to learning!

I'VE MASTERED...

I CAN'T WAIT TO LEARN...



BASIC TERMS FOR BITTYRINAS

STYLE

BRAIDS - Woven strands of hair that create a hairstyle.

FLAMENCO SKIRT - A skirt with a tail that is worn by dancers while practicing or performing flamenco dance routines.

HAIR BUN - A hairstyle created by pulling the hair back from your face and using it to form a knot.

HEADBAND - A band of fabric worn around the head as a decoration or to keep the hair or perspiration off the face.

JACKET - A garment for the upper body that has a front opening that can be fastened.

JAZZ SHOES - A close-fitting shoe that is worn by dancers while practicing or performing jazz-style dance routines.

LAPA SKIRT - A piece of fabric worn like a skirt in Africa for dance ceremonies.

LEGGINGS - Tight, form-fitting stretch pants.

LEGWARMERS - Footless, knitted coverings for the legs.

LEOTARD - A skintight, one-piece garment made to cover the torso and expose the legs.

LIP GLOSS - A type of make-up that is worn to add shine to lips.

PONY TAIL - A hairstyle that pulls hair together to create a look that resemble a pony's tail.

SHIRT - A garment that covers the upper body.

SHORTS - Shortened pants or trousers that hit at or above the knee.

SNEAKERS - A type of comfortable shoe that usually has a rubber soul and is suitable for increased activity.

SWEATPANTS - Loose-fitting and soft trousers.

TAP SHOES - Shoes with hard soles that have metal plates on the bottom to create rhythmic sounds.

TIGHTS - A close-fitting, skin-tight garment worn to cover the body completely from the waist down.

TUTU - A short, full skirt which is worn by ballerinas and is usually made of several layers tulle.

UNITARD - A one-piece leotard with full-length, form-fitting pants.

THINGS

BARRE - A handrail placed at hip height, used by a dancer to maintain balance during practice.

BOOK - A set of pages bound together that may contain a story or information.

BOUQUET - A group of flowers arranged in an attractive way.

CHECKLIST - A list of items, names, or tasks that can be used to prepare for something.

DANCE PARTY - A gathering of people where dancing is the main activity.

FEET - The part of the body that touches the ground.

WATER BOTTLE - A bottle used for carrying and drinking water.

Were the definitions and activities in this supplement helpful?

Bittyrina would love to hear your feedback! Please contact us by e-mail or on social media.



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