

The Performance Dictionary
Ballet

soubresaut: (soo-brih-soh) beginning in 5th position plié, jump forward with the feet remaining in 5th and landing in 5th; no change of feet

sous-sus: (soo-sew) a spring into a relevé in a tight fifth position; may be performed in place or traveling

soutenu en tournant: (soo-teh-niu ahn toor-nahn) from fifth position the supporting leg will demi-plié as the working leg simultaneously tendus to second; next the supporting leg moves from the demi-plié and crosses-over the working leg while turning; may be performed en dehors or en dedans

spotting: keeping the focus and clarity while turning so that dizziness is prevented

sur: (siur) on

sur place: (siur plahs) performed in place

tableau: (tah-blo) a picture created on stage by arranging the performers and set

temps: (tahn) time; part of a step or movement in which there is no transfer of weight

temps levé: (tahn leh-vay) a hop on one foot with the other foot lifted in any position

temps lié: (tahn lee-ay) a connecting step with a gliding under curve performed in demi-plié

S-T-R-E-T-C-H

tendu: (tahn-diu) to stretch; leading with the heel, lift the foot off the floor beginning with the heel, ball, and toe; continue to use the floor as resistance and return the foot to its original position lowering the toe, ball, and heel