1. Parallel: No rotation, toes pointed straight ahead. Shoulders, hips, heels aligned
2. Plie: To bend the knees
3. Releve: To rise onto the balls of the feet
4. Forced Arch: Up on releve with legs bend
5. First Position Arms: Arms Rounded in a circular position, arms closed
6. Chasse: a gliding step where feet kiss in fifth position in the air. Step, together, step.
7. Chaine turn: A chain of turns. Open to the front in second position, close to the back in first position.
8. Grand Battement: A big kick. A movement in which both legs are straight and one leg is brushed outward from the body, and in again.
9. Jazz Walk: Walking in forced arch with personality.
10. Pivot turn: A turn where the dancer rotates 180 degrees without traveling.
11. Ball change: The dancer shifts weight from one ball of the foot to another.
12. Pirouette: Turning on one foot with the other in a passe at the knee.