

“Plié, Relevé”

“Plié, Relevé, Tendu and Degage,” these are words used in the French vocabulary of ballet. In order to take ballet one must be very flexible, one must be able to remember the words in the French vocabulary and one must be very dedicated to it. It takes much coordination to learn ballet. It takes time and devotion to learn ballet. Most of all you must have ballet in your heart.

Being flexible is one of the most important aspects in ballet. Before every class, one should stretch to prepare for all the combinations. It’s not unusual for one to be able to do the splits. It’s also not irregular for one to bring their leg up to their head. Nor is it infrequent for one to elevate their leg forward for long periods of time. For someone who isn’t that flexible, they must work harder for certain combinations.

One very difficult thing to do when you first start ballet, is to remember the French vocabulary for the words. Lots of times one can stop in confusion after being told to do a Grand Allegro. The vocabulary consists of words like “Plié,” “Relevé,” and “Degage.” There are many different names for many different dance steps. After you have taken ballet for a while, you start to remember what names go to which dance step or what dance step goes to which name.

In addition to having to be flexible, and having to remember vocabulary for the words, one must be very dedicated to ballet. We all know that standing with ones rib cage leaning over to ones stomach while he or she holds their shoulders up high, and sucking in their behind while in a rundown, dilapidated, vast room listening to classical piano music isn’t really the highlight of ones day. Especially when being yelled at for everyone one does wrong. It takes a very dedicated person to go over every mistake while being in an uncomfortable position. It takes an even more dedicated person to stand there listening to classical piano music. In the middle of class one might wonder “Do I really want to be here?” The dedicated person would say, “yes!”

Although it’s a lot to manage, being flexible, learning French vocabulary for all the words, and being dedicated are all essential needs when taking ballet. Ballet teaches you self strength, and self coordination. It is a great kind of exercise, and is good for your body. Ballet can relieve stress, and is a great form of dance. If you take ballet you’ll have done something good for yourself that can lead to a lifetime of healthy activity and exercise habits.