

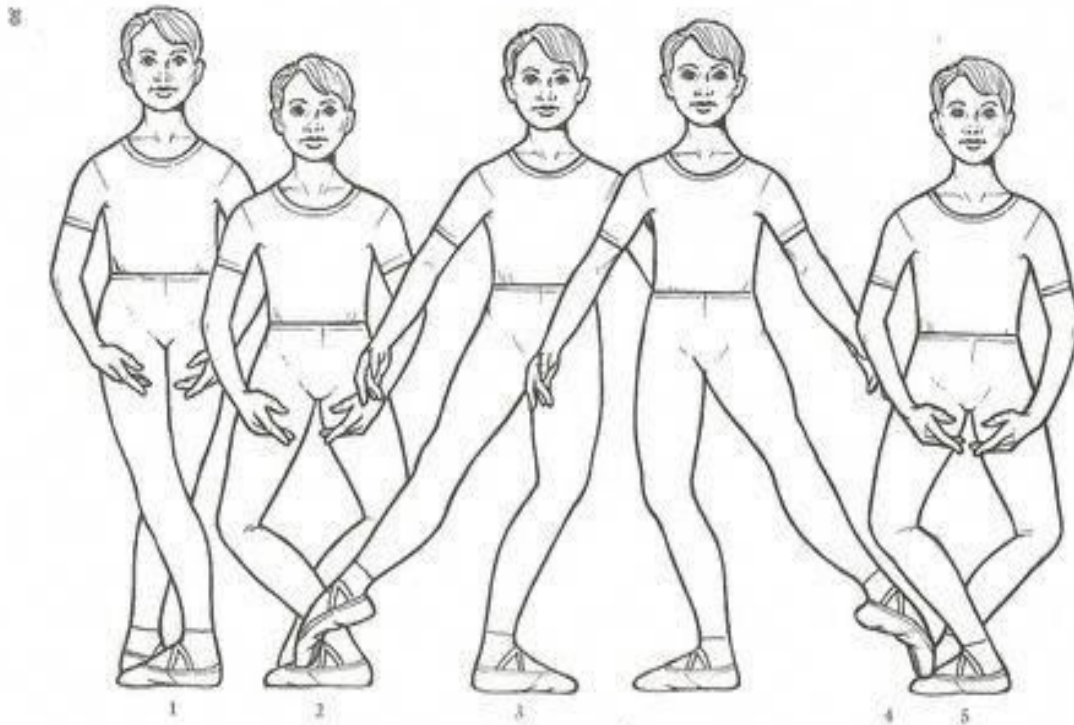


NORTH POINTE BALLET

Glissade

[glee-SAD]

Glide. A traveling step executed by gliding the working foot from the fifth position in the required direction, the other foot closing to it. May be done to the front, to the back, and to the side.



GLISSADE CHANGÉE

Glissade (glide) travels over the floor and, with its combination of soft plié and stretched legs and feet, it does indeed give the dancer the appearance of gliding. It is often a linking step, used to join one step to another. From the prepared position in figure 1, the student does a demi-plié on both feet (2). The weight is shifted to the left leg as the right leg stretches outward in tendu

à la seconde (3). Once the right foot touches the floor and rolls down, the weight of the body again shifts to the right leg as it lowers into plié and the left leg stretches à la seconde (4). The left leg finishes in fifth position, again in plié (5). Once again, the weight is on both feet. There are several variations of glissade.