

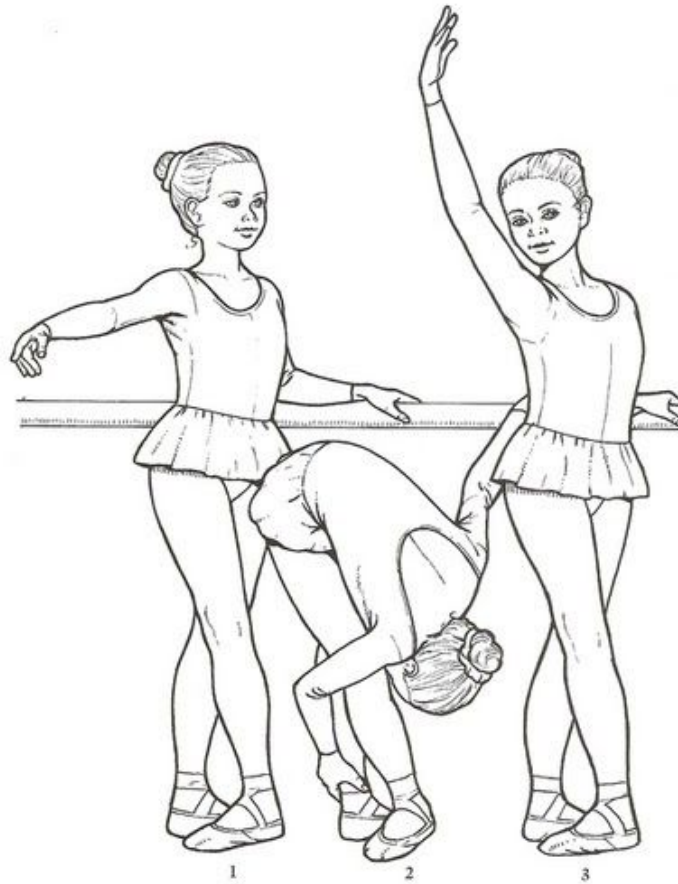


NORTH POINTE BALLET

Cambré

[kahn-BRAY]

Arched. The body is bent from the waist, forward, backward, or sideways, the head following the movement of the body.



CAMBRÉ

In cambré (arched), the upper body bends forward, backward, or to the side. This forward cambré stretches the entire spine and back of the legs. The movements of the arms and head are always part of cambré and move smoothly with the body from beginning to end. This student stands in fifth position, body properly prepared and right arm in second (1). She bends forward from the hips

with a flat back and continues to stretch downward, curling the back in toward the knee (2). She then takes the arm forward above her head and lifts the body and arm together to finish (3). This line, with the shoulders and head turned and inclined outward and the arm past the shoulder, is often a preparation for cambré to the back.