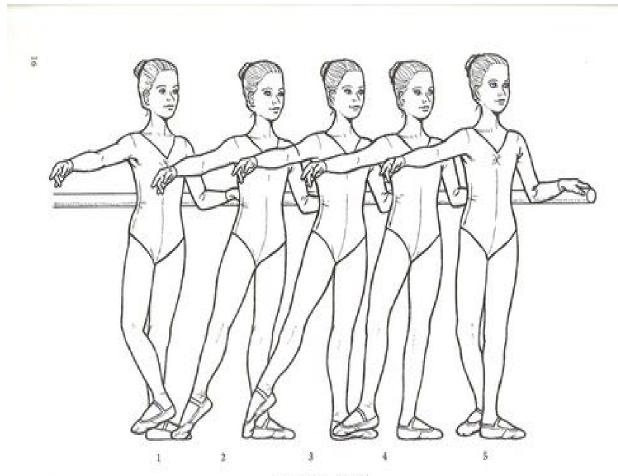


Frappé

[fra-PAY]

Struck. An exercise in which the dancer forcefully extends the working leg from a coup-de-pied ("neck" of the foot) position to the front, side, or back. This exercise strengthens the toes and insteps and develops the power of elevation. It is the basis of the allégro step, the jeté.



BATTEMENT FRAPPÉ

The word frappé is derived from the French verb frapper, to strike. Battement frappé is well named, because as the working leg moves outward, the ball of the fine brushes the floor to strongly that it seems to strike it. In figure 1, the dancer has completed the preparation. Her body is correctly held, her arm prepared, and the working foot is in sur le cost-de-pied devant. As the lower leg and foot move rapidly and strongly outward (2), the ball of the foot and the

bottom of the toes strike the floor. The working leg continues the outward movement until the entire leg is fully stretched and off the floor. The knee remains at the same level as the lower leg meets the line of the upper leg (3). The floor then returns to the ankle in back (4 and 5). As battement frappé à la seconde continues, the working foot alternates between the back and the front of the ankle.