



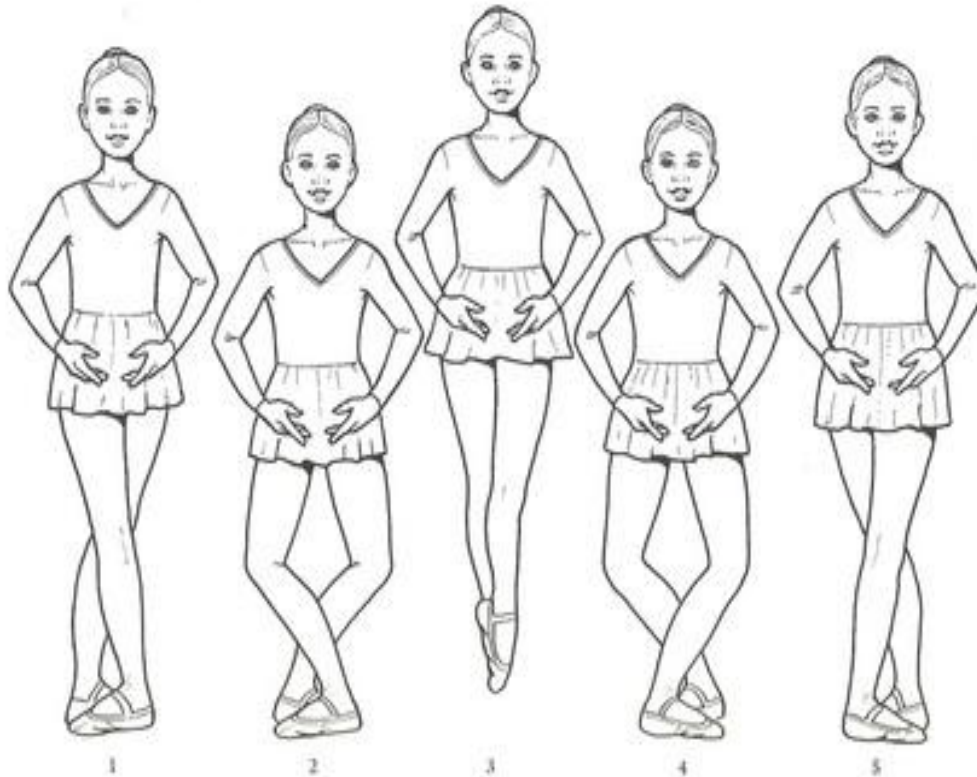
NORTH POINTE BALLET

Changement

[shahnzh-MAHN]

Change of feet. Changements are springing steps in the fifth position, the dancer changing feet in the air and alighting in the fifth position with the opposite foot in the front. They are done petit and grand.

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CHANGEMENT DE PIEDS

In French, the word changement means change. As this student performs the jump, she shows us why this movement is called "changement." She begins en face in fifth position, right foot front, arms low, body correctly held (1). After a demi-plié (2), and a push into and out of the floor, she springs upward (3).

As she comes down, she changes the position of her feet and lands lightly and softly in plié with the left foot front (4). In figure 5 the changement is completed. This dancer has controlled her arm and body properly during the entire jump.