



NORTH POINTE BALLET

Emboîté

[ahn-bwah-TAY]

Fitted together, “boxed.” The name is derived from the close fitting of the feet like a lid upon a box. It is a type of jeté done without a brush of the working foot. This jump is done by springing into the air, bringing the foot from the back of a fifth position forward with knee slightly bent; land in demi-plié on the foot that was in the front of the fifth position with the other in front of the supporting ankle. The step is then repeated on the other side by springing off of the supporting leg and changing the feet to land on the other foot. This step travels forward and alternates from one leg to the other.

