

# ENGLISH PLUS

WITH  
ANSWER  
KEY

## DO YOU KNOW



## BALLET

LISTENING | TEXT | SENTENCE | WORD  
PRACTICE WORKSHEET

## NEVER STOP LEARNING

# Ballet

## Language/Listening Practice

Fill in the blanks with the provided words after the text. (You can use this exercise to practice your listening if you want, by listening and filling the blanks at the same time, or you can just do it as a regular language exercise)

1 \_\_\_\_\_

Raise your arms and bring your fingers together over your head. Now lift one foot, point your toes, and strike a pose. You are doing ballet.

Ballet is a form of 2 \_\_\_\_\_ with graceful steps and arm movements as well as leaps and 3 \_\_\_\_\_.

We also use the word ballet to 4 \_\_\_\_\_ a story performed to music, using ballet dance 5 \_\_\_\_\_. Ballet performances 6 \_\_\_\_\_ not only dance and music but also costumes and scenery. Some of the most 7 \_\_\_\_\_ 8 \_\_\_\_\_ are Swan Lake, The Nutcracker, and The Sleeping Beauty.

HOW ARE 9 \_\_\_\_\_ DANCERS TRAINED?

10 \_\_\_\_\_ who study ballet generally begin by age eight to ten.

Boys often start later. Ballet training is hard work. 11 \_\_\_\_\_ students must develop 12 \_\_\_\_\_, 13 \_\_\_\_\_, and flexibility as well as grace. They must learn a set of 14 \_\_\_\_\_ and gestures. Girls also 15 \_\_\_\_\_ to dance on their toes. They 16 \_\_\_\_\_ begin 17 \_\_\_\_\_ (tip-of-the-toes) work after

three years of training.

All ballet students 18 five 19 20  
of the feet. 21 five positions form the basis of almost all  
22 steps. All of these 23 are performed with  
the legs turned outward at the hip. The feet should be able to form a  
straight line on the 24 .

The turned-out position gives a dancer a more pleasing “line.” Line has  
to do with the placement of the dancer’s body, in motion and at rest. All  
parts of the dancer’s body must be placed in the correct position to  
achieve good line. Training can improve a dancer’s line. Good line gives  
a dancer the greatest stability and ease of movement. It also makes the  
dancer’s body seem 25 in weight.

All dancers take daily classes to keep their bodies flexible and  
26 . Most classes begin with warm-up exercises at the  
barre, a railing that dancers hold onto for support. The second part of  
the 27 consists of slow exercises that develop  
28 and fluid (flowing, not jerky) motion. 29  
this, dancers practice 30 movements, such as small jumps  
and leg extensions, and then large steps, 31 , and leaps.

## WHO CREATES BALLETS?

Ballet dancers work with 32 bodies to perform the  
movements in a ballet and achieve 33 34 .  
The choreographer is the person who decides what movements the  
dancers will execute.

The choreographer chooses a story or theme for the ballet. He or she also decides on the music. Sometimes, the choreographer uses music that is already written. Sometimes, music is composed specifically to accompany a new ballet. Choreographers may create ballets for specific dancers. In that case, they try to show off what 35 \_\_\_\_\_  
36 \_\_\_\_\_ do best.

WHY SO MUCH 37 \_\_\_\_\_ ?

The 38 \_\_\_\_\_ of ballet-its 39 \_\_\_\_\_ and steps-developed over centuries. The 40 \_\_\_\_\_ were 41 \_\_\_\_\_ named in France, and they have kept their French 42 \_\_\_\_\_. For example, when the body spins on one foot, the step or movement is called a pirouette. This French word once 43 \_\_\_\_\_ a spinning top. A pas de deux, 44 \_\_\_\_\_ “step for two,” is a dance for two dancers. En pointe, on the tip of the toes, comes from 45 \_\_\_\_\_ words 46 \_\_\_\_\_ “on point.”

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# Spelling Quest

In each line of text below there is one word that has been misspelled. Circle the misspelled word and then write the correct spelling of the word on the line on the right side of the page.

## BALLETE

Raise your arms and bring your fingers together over your head. Now lift one foot, point your toes, and strike a pose. You are doing ballet. Ballet is an form of dance with graceful steps and arm movements as well as leaps and spins.

We also use the word ballet to describe a story performed to music, using ballet dance techniques. Ballet performances include not only dance and music but also costumes and scenery. Some of the most popular ballets are Swan Lake, The Nutcracker, and The Sleeping Beauty.

## HOW ARE BALLET DANCERS TRAINED?

Girls who study ballet generally begin by age eight or ten. Boys often start later. Ballet training is hard work. Ballet students must develop strength, balance, and flexibility as well as grace. They must learn a set of movements and gestures. Girls also learn to dance on their toes. They usually begin pointe (tip-of-the-toes) work after three years of training.

All ballet students practice five basic positions of the feet. These five positions form the basis of almost all ballet steps. All of these positions are performed with the legs turned outward at the hip. The feet should be able to form a straight line on the floor.

The turned-out position gives a dancer a more pleasing "line." Line has to do with the placement of the dancer's body, in motion and at rest. All parts of the dancer's body must be placed in the

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correct position to achieve good line. Training can improve a dancer's line. Good line gives a dancer the greatest stability and ease off movement. It also makes the dancer's body seem lit in weight.

All dancers take daily classes to keep their bodies flexible and strong. Most classes begin with warmup exercises at the barre, a railing that dancers hold onto for support. The second part of the class consists of slow exercises that develop balance and fluid (flowing, not jerky) motion. After this, dancers practice quick movements, such as small jumps and leg extensions, and then large steps, turns, and leaps.

#### WHO CREATES BALLET?

Ballet dancers work with their bodies to perform the movements in a ballet and achieve dramatic effects. The choreographer is the person who decides what movements the dancers will execute.

The choreographer chooses a story or theme for the ballet. He or she also decides on the music. Sometimes, the choreographer uses music that is already written. Sometimes, music is composed specifically to accompany a new ballet. Choreographers may create ballets for specific dancers. In that case, they try to show off what their dancers do best.

#### WHY SO MUCH FRENCH?

The language of ballet—its rules and steps—developed over centuries. The steps were first named in France, and they have kept their French names. For example, when the body spins on one foot, the step or movement is called a pirouette. This French word once meant a spinning top. A pas de deux, meaning “step for two,” is a dance for two dancers. En pointe, on

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the tip off the toes, comes from French words  
meaning “one point.”

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71.



## Sentence Practice

A number of words have been removed from each sentence and listed below the sentence. Use the listed words to fill the blanks in the sentence.

1. Girls who study ballet generally begin by age \_\_\_\_\_ to \_\_\_\_\_. Boys often start later. Ballet training is hard work. Ballet students must develop strength, balance, and flexibility as well as grace. They \_\_\_\_\_ a set of movements and \_\_\_\_\_. Girls also learn to dance \_\_\_\_\_ their toes. \_\_\_\_\_ begin pointe (tip-of-the-toes) work after three years of training.

A. LEARN B. EIGHT C. GESTURES D. MUST E. TEN F. THEY G. USUALLY H. ON

2. \_\_\_\_\_ your arms and bring your fingers together \_\_\_\_\_ your head. Now lift one foot, point your toes, and \_\_\_\_\_ a pose. You \_\_\_\_\_ ballet. Ballet is a \_\_\_\_\_ of dance with graceful steps and arm movements as well as leaps \_\_\_\_\_.

A. SPINS B. ARE C. AND D. STRIKE E. OVER F. FORM G. RAISE H. DOING

3. We \_\_\_\_\_ use the word ballet to describe a \_\_\_\_\_ performed to music, using ballet \_\_\_\_\_ techniques. Ballet performances include not \_\_\_\_\_ dance and music but also costumes and scenery. Some \_\_\_\_\_ most popular ballets \_\_\_\_\_ Swan Lake, The Nutcracker, and The Sleeping \_\_\_\_\_.

A. ONLY B. STORY C. BEAUTY D. DANCE E. ALSO F. OF G. THE H. ARE

4. The language of ballet-its rules and steps-developed over centuries. The steps were first named in France, and they \_\_\_\_\_ kept their French names. For example, when the body spins on one foot, the step \_\_\_\_\_ movement is called a \_\_\_\_\_. This French word once meant a spinning top. A pas de deux, \_\_\_\_\_ “\_\_\_\_\_ two,” is a dance \_\_\_\_\_ two dancers. En pointe, on the tip of the toes, \_\_\_\_\_ from French words meaning “on point.”

A. OR B. PIROUETTE C. STEP D. FOR E. HAVE F. FOR  
G. COMES H. MEANING

5. \_\_\_\_\_ dancers work \_\_\_\_\_ bodies to perform \_\_\_\_\_ movements in a ballet and achieve dramatic \_\_\_\_\_. \_\_\_\_\_ choreographer is \_\_\_\_\_ person who decides what movements \_\_\_\_\_ dancers will execute.

A. THE B. THE C. THE D. THE E. WITH F. BALLET G.  
THEIR H. EFFECTS

6. All ballet students \_\_\_\_\_ of the feet. These five positions form the basis of almost all ballet steps. \_\_\_\_\_ of these positions are performed \_\_\_\_\_ legs turned outward at the hip. The feet should be able \_\_\_\_\_ form a straight line on the floor.

A. ALL B. FIVE C. TO D. POSITIONS E. BASIC F. WITH  
G. THE H. PRACTICE

7. The turned-out position gives a dancer a more pleasing “line.” Line has to do \_\_\_\_\_ the placement of the dancer’s body, \_\_\_\_\_ motion and at rest. All parts of the dancer’s \_\_\_\_\_ body must be placed in the correct position \_\_\_\_\_ achieve good line. Training can improve a dancer’s \_\_\_\_\_ line. Good line gives a dancer the greatest stability and \_\_\_\_\_ of movement. It also makes the dancer’s \_\_\_\_\_ body seem \_\_\_\_\_ in weight.

A. TO B. EASE C. LIGHT D. S E. S F. IN G. S H. WITH

8. \_\_\_\_\_ choreographer chooses a story \_\_\_\_\_ theme for the ballet. He or she also decides on the music. Sometimes, the choreographer uses music that is already \_\_\_\_\_. Sometimes, music is \_\_\_\_\_ specifically to \_\_\_\_\_ a \_\_\_\_\_ ballet. Choreographers may create ballets for specific dancers. \_\_\_\_\_ that case, they try to show off what \_\_\_\_\_ dancers do best.

A. ACCOMPANY B. THE C. OR D. THESE E. WRITTEN F.  
IN G. COMPOSED H. NEW

# Word Practice

**Find the hidden words. The words have been placed horizontally, vertically, or diagonally.**

C	T	D	S	J	C	G	T	M	Y	S	P	D	K	S	U	A	T	I	R	S	A	U	C	R
Z	A	B	E	K	S	S	O	O	L	T	E	E	X	G	N	C	S	P	S	N	F	H	F	K
Q	L	S	C	L	F	E	G	V	L	S	R	S	J	R	H	C	E	M	P	O	B	E	V	G
D	S	T	N	D	V	S	E	E	A	I	F	C	B	A	A	O	T	A	I	I	L	Q	R	B
L	T	A	A	S	S	I	T	M	R	S	O	R	M	C	H	M	A	S	N	S	D	P	E	Y
B	R	B	M	C	X	C	H	E	E	N	R	I	V	E	T	P	E	H	N	N	I	C	H	S
I	E	I	R	E	B	R	E	N	N	O	M	B	M	F	E	A	R	T	I	E	X	H	W	W
M	N	L	O	N	O	E	R	T	E	C	E	E	U	U	Q	N	G	N	N	T	J	F	T	S
S	G	I	F	T	S	X	C	S	G	P	D	J	M	L	A	Y	X	E	G	X	G	H	B	U
R	T	T	R	U	T	E	S	E	R	U	T	S	E	G	X	T	N	E	M	E	C	A	L	P
D	H	Y	E	R	R	E	L	B	I	X	E	L	F	X	J	Z	Z	N	Y	P	A	V	G	C
P	P	D	P	I	A	K	S	E	M	I	T	E	M	O	S	J	M	O	N	S	G	O	P	J
D	I	C	F	E	I	D	Z	O	L	G	P	R	A	U	C	V	R	O	R	N	N	T	E	J
F	R	R	O	S	G	F	G	N	I	S	A	E	L	P	T	D	I	C	T	O	I	C	K	K
T	T	A	O	S	H	W	F	L	E	X	I	B	I	L	I	T	Y	U	N	I	N	F	B	N
X	U	J	M	U	T	L	N	Y	L	L	A	C	I	F	I	C	E	P	S	T	I	H	J	X
Z	A	E	G	A	E	U	C	I	F	I	C	E	P	S	Y	M	R	F	D	I	A	I	I	W
G	D	K	W	E	T	T	M	B	M	V	V	F	O	H	W	T	D	T	Y	S	R	U	Y	S
Y	J	G	C	S	Y	I	T	E	D	L	H	P	B	Q	R	E	X	F	H	O	T	U	K	N
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STABILITY

POSITION

POSITIONS

CONSISTS

FLEXIBILITY

EXERCISES

PLACEMENT

TOGETHER

PERFORMANCES

SPECIFIC

SOMETIMES

MOVEMENTS

DESCRIBE

SPECIFICALLY

FLEXIBLE

GREATEST

DRAMATIC

GENERALLY

GRACEFUL

TRAINING

TECHNIQUES

ACCOMPANY

SPINNING

PERFORMED

PLEASING

COMPOSED

GESTURES

COSTUMES

PIROUETTE

EXTENSIONS

STRAIGHT

CENTURIES

STRENGTH

# Ballet

## Language/Listening Practice

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We also use the word ballet to 4 describe a story performed to music, using ballet dance 5 techniques. Ballet performances 6 include not only dance and music but also costumes and scenery. Some of the most 7 popular 8 ballets are Swan Lake, The Nutcracker, and The Sleeping Beauty.

### HOW ARE 9 BALLET DANCERS TRAINED?

10 Girls who study ballet generally begin by age eight to ten.

Boys often start later. Ballet training is hard work. 11 Ballet students must develop 12 strength, 13 balance, and flexibility as well as grace. They must learn a set of 14 movements and gestures. Girls also 15 learn to dance on their toes. They 16 usually begin 17 pointe (tip-of-the-toes) work after

three years of training.

All ballet students 18 practice five 19 basic 20 positions of the feet. 21 These five positions form the basis of almost all 22 ballet steps. All of these 23 positions are performed with the legs turned outward at the hip. The feet should be able to form a straight line on the 24 floor .

The turned-out position gives a dancer a more pleasing “line.” Line has to do with the placement of the dancer’s body, in motion and at rest. All parts of the dancer’s body must be placed in the correct position to achieve good line. Training can improve a dancer’s line. Good line gives a dancer the greatest stability and ease of movement. It also makes the dancer’s body seem 25 light in weight.

All dancers take daily classes to keep their bodies flexible and 26 strong . Most classes begin with warm-up exercises at the barre, a railing that dancers hold onto for support. The second part of the 27 class consists of slow exercises that develop 28 balance and fluid (flowing, not jerky) motion. 29 After this, dancers practice 30 quick movements, such as small jumps and leg extensions, and then large steps, 31 turns , and leaps.

## WHO CREATES BALLETS?

Ballet dancers work with 32 their bodies to perform the movements in a ballet and achieve 33 dramatic 34 effects . The choreographer is the person who decides what movements the dancers will execute.

The choreographer chooses a story or theme for the ballet. He or she also decides on the music. Sometimes, the choreographer uses music that is already written. Sometimes, music is composed specifically to accompany a new ballet. Choreographers may create ballets for specific dancers. In that case, they try to show off what 35 these 36 dancers do best.

WHY SO MUCH 37 FRENCH ?

The 38 language of ballet-its 39 rules and steps-developed over centuries. The 40 steps were 41 first named in France, and they have kept their French 42 names. For example, when the body spins on one foot, the step or movement is called a pirouette. This French word once 43 meant a spinning top. A pas de deux, 44 meaning “step for two,” is a dance for two dancers. En pointe, on the tip of the toes, comes from 45 French words 46 meaning “on point.”

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Ballet

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# Spelling Quest

In each line of text below there is one word that has been misspelled. Circle the misspelled word and then write the correct spelling of the word on the line on the right side of the page.

## BALLETE

Raise your arms and bring your fingers **togethir** over **youre** head. Now lift one foot, point your toes, and strike a pose. **Yo** are doing ballet. Ballet is **an** form of dance with graceful steps and arm movements as well as **leips** and spins.

We **alsoo** use the word ballet to describe a story performed to music, using **balet** dance **techniqoos**. Ballet performances include not only dance **end** music but also costumes and scenery. Some **off** the most popular ballets are Swan Lake, The Nutcracker, and The Sleeping **Beaty**.

## HOW ARE BALLET DANCERS TREINED?

Girls who study **balet** generally begin by age eight to **tan**. Boys often start later. Ballet training is hard work. Ballet students **muste** develop strength, **balence**, and flexibility as well as grace. They must learn a set of **movehents** and gestures. Girls also learn to dance on their **toese**. They usually **beggin** pointe (tip-of-the-toes) work after three years of **traning**.

All ballet students practice five basic **posisions** of the feet. These five positions form the basis **off** almost all ballet steps. All **off** these positions are performed with the legs **turnnd** outward at the hip. **Th** feet should be able to form a straight line on **tha** floor.

The turned-out position gives **an** dancer a more pleasing "line." Line has to do **wiht** the placement of **tha** dancer's body, in motion and at rest. All parts of the dancer's body **muste** be placed in the

1. **BALLET**

2. **together**

3. **your**

4. **You**

5. **a**

6. **leaps**

7. **also**

8. **ballet**

9. **techniques**

10. **and**

11. **of**

12. **Beauty**

13. **TRAINED**

14. **ballet**

15. **ten**

16. **must**

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20. **begin**

21. **training**

22. **positions**

23. **of**

24. **of**

25. **turned**

26. **The**

27. **the**

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29. **with**

30. **the**

31. **must**

correct position to achieve good line. **Traning** can improve **an** dancer's line. Good line gives a dancer the greatest stability and ease **off** movement. It also **mekes** the dancer's body seem **lit** in weight.

All dancers take **daely** classes to keep their bodies flexible and strong. Most **classes** begin with **warmup** exercises at the barre, a railing that dancers hold onto **fore** support. The second part of the class consists of **slou** exercises that **divelop** balance and fluid (flowing, not jerky) motion. After this, dancers practice **qwick** movements, such as small jumps and **lege** extensions, and then large steps, **turnl**, and **laips**.

### WJO CREATES BALLETS?

Ballet **dancirs** work with their bodies to perform the **movementse** in a ballet and achieve dramatic **efects**. The choreographer is the person who decides **wat** movements the dancers will **xecute**.

**Th** choreographer chooses a story or theme for the ballet. **H** or she also decides on the music. Sometimes, the **choreographir** uses music that is already written. Sometimes, music **iz** composed specifically to accompany a new **balllet**. Choreographers may create **balets** for specific **dancers**. In that case, they try to show off what **theis** dancers do best.

### WHYE SO MUCH FRENCH?

The language of ballet-its **rudes** and steps-**developd** over centuries. The steps were first named in France, and they have kept **they're** French names. For example, **wen** the body spins on **won** foot, the step or movement is called a pirouette. This French word **onse** meant a spinning top. A pas de deux, meaning "**stepe** for **too**," is a dance for two dancers. En pointe, on

32. **Training**

33. **a**

34. **of**

35. **makes**

36. **light**

37. **daily**

38. **classes**

39. **warm-up**

40. **for**

41. **slow**

42. **develop**

43. **quick**

44. **leg**

45. **turns**

46. **leaps**

47. **WHO**

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49. **movements**

50. **effects**

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52. **execute**

53. **The**

54. **He**

55. **choreographer**

56. **is**

57. **ballet**

58. **ballets**

59. **dancers**

60. **these**

61. **WHY**

62. **rules**

63. **developed**

64. **their**

65. **when**

66. **one**

67. **once**

68. **step**

69. **two**

the tip **off** the toes, comes from French words meaning “**one** point.”

70. **of**

71. **on**

## Sentence Practice

A number of words have been removed from each sentence and listed below the sentence. Use the listed words to fill the blanks in the sentence.

1. Girls who study ballet generally begin by age eight to ten. Boys often start later. Ballet training is hard work. Ballet students must develop strength, balance, and flexibility as well as grace. They must learn a set of movements and gestures. Girls also learn to dance on their toes. They usually begin pointe (tip-of-the-toes) work after three years of training.

A. LEARN B. EIGHT C. GESTURES D. MUST E. TEN F. THEY G. USUALLY H. ON

2. Raise your arms and bring your fingers together over your head. Now lift one foot, point your toes, and strike a pose. You are doing ballet. Ballet is a form of dance with graceful steps and arm movements as well as leaps and spins.

A. SPINS B. ARE C. AND D. STRIKE E. OVER F. FORM G. RAISE H. DOING

3. We also use the word ballet to describe a story performed to music, using ballet dance techniques. Ballet performances include not only dance and music but also costumes and scenery. Some of the most popular ballets are Swan Lake, The Nutcracker, and The Sleeping Beauty.

A. ONLY B. STORY C. BEAUTY D. DANCE E. ALSO F. OF G. THE H. ARE

4. The language of ballet-its rules and steps-developed over centuries. The steps were first named in France, and they have kept their French names. For example, when the body spins on one foot, the step or movement is called a pirouette . This French word once meant a spinning top. A pas de deux, meaning “step for two,” is a dance for two dancers. En pointe, on the tip of the toes, comes from French words meaning “on point.”

A. OR B. PIROUETTE C. STEP D. FOR E. HAVE F. FOR  
G. COMES H. MEANING

5. Ballet dancers work with their bodies to perform the movements in a ballet and achieve dramatic effects . The choreographer is the person who decides what movements the dancers will execute.

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6. All ballet students practice five basic positions of the feet. These five positions form the basis of almost all ballet steps. All of these positions are performed with the legs turned outward at the hip. The feet should be able to form a straight line on the floor.

A. ALL B. FIVE C. TO D. POSITIONS E. BASIC F. WITH  
G. THE H. PRACTICE

7. The turned-out position gives a dancer a more pleasing “line.” Line has to do with the placement of the dancer’s body, in motion and at rest. All parts of the dancer’s s body must be placed in the correct position to achieve good line. Training can improve a dancer’s s line. Good line gives a dancer the greatest stability and ease of movement. It also makes the dancer’s s body seem light in weight.

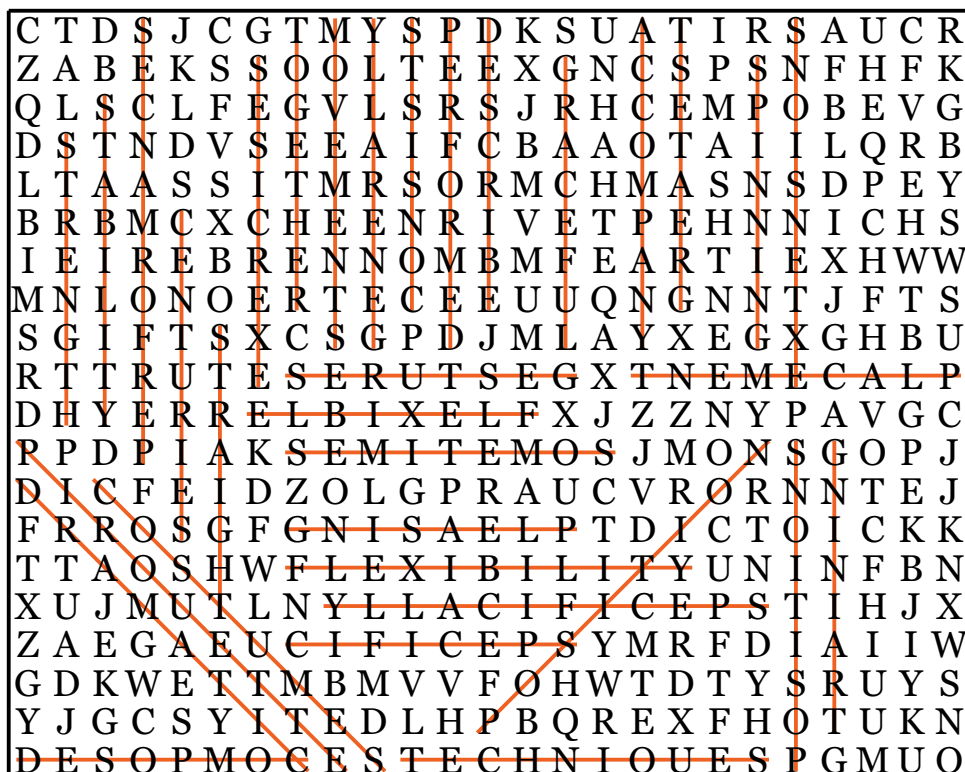
A. TO B. EASE C. LIGHT D. S E. S F. IN G. S H. WITH

8. The choreographer chooses a story or theme for the ballet. He or she also decides on the music. Sometimes, the choreographer uses music that is already written. Sometimes, music is composed specifically to accompany a new ballet. Choreographers may create ballets for specific dancers. In that case, they try to show off what these dancers do best.

A. ACCOMPANY B. THE C. OR D. THESE E. WRITTEN F.  
IN G. COMPOSED H. NEW

# Word Practice

Find the hidden words. The words have been placed horizontally, vertically, or diagonally.



STABILITY

POSITION

POSITIONS

CONSISTS

FLEXIBILITY

EXERCISES

PLACEMENT

TOGETHER

PERFORMANCES

SPECIFIC

SOMETIMES

MOVEMENTS

DESCRIBE

SPECIFICALLY

FLEXIBLE

GREATEST

DRAMATIC

GENERALLY

GRACEFUL

TRAINING

TECHNIQUES

ACCOMPANY

SPINNING

PERFORMED

PLEASING

COMPOSED

GESTURES

COSTUMES

PIROUETTE

EXTENSIONS

STRAIGHT

CENTURIES

STRENGTH