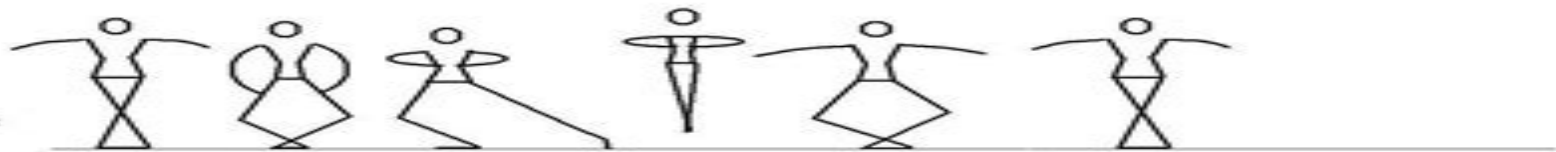


Glissade
glide
one foot to one foot



Assemblé
assembled
one foot to two feet



Jeté
thrown
one foot to land on
one foot



Soubresaut
sudden jump.
does not change feet



Changement
changing
lands with opposite
foot in front
two feet to two feet



Temps levé
time raised up
one footed jump.
landing on same foot



Sissonne
named for creator
two feet to one foot



Sissonne fermée (closed) lands and slides to 5th in plie



Sissonne ouvert (open) lands and stretches before closing

Emboité
boxed
one foot to one foot,
landing on opposite foot



Patterns Aerobic Dance Program

**Jayne Debra Greenberg, Nichole D.
Calkins, Lisa S. Spinosa**



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