CECCHETTI GRADE 4 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Which phrase translates to 'around the room'?

A. around the room

B. Autour de la salle

C. En bas

D. Croisé derrière

2. Which term denotes performing two large circular movements of the leg in the air while maintaining an arabesque?

A. Entrechat Royale

B. Entrechat Quatre

C. Adage Enchaînements

D. Deux Grand Ronds de Jambe en l'air avec l'Arabesque

3. Which term refers to a movement where the leg is extended in a straight line from the hip?

A. Developpe

B. Arabesque

C. Releves

D. Echappe

4. Which term translates to Sustained?

A. De Suite

B. Soutenu

C. Temps Lie

D. Assemble

5. Which term means 'backwards'?

A. En arriere

B. En haut

C. Soubresaut

D. Passe

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6. Describe a typical Grade 4 center petit allegro phrase, including at least two jump types and their timing.

A. A quick sequence such as an assemble from fifth to fifth, followed by a jeté or petit changement with precise landings; rhythm is even, with clear accents on beats and controlled recoil.

B. A slow développé to second position, then a hop.

C. A pivot turn with no jumps.

D. A grand tour jeté followed by a double pirouette.

7. Which practice aid is commonly used to assess turnout and body alignment during Grade 4 training?

A. Chalk lines

B. Video analysis

C. Padded blocks

D. Mirrors

8. What is the English translation of Battements Retirés?

A. Withdrawn Beatings

B. Balanced Beatings

C. Small Beatings On The Ankle (Or The Neck Of The Foot)

D. Large Circle Of The Leg Outward In The Air

9. Which term translates to Linked movement?

A. Derriere

B. De Suite

C. Temps Lie

D. Assemble

10. Battements Balancés translates to which of the following?

A. Small Beatings

B. Withdrawn Beatings

C. Large Circle Of The Leg

D. Balanced Beatings

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Answers

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1. B
2. D
3. A
4. B
5. A
6. A
7. D
8. A
9. C
10. D

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Explanations

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1. Which phrase translates to 'around the room'?

A. around the room

B. Autour de la salle

C. En bas

D. Croisé derrière

In French dance vocabulary, the phrase that means moving around or circling the space uses autour de to mean around, with the space itself described after de. Autour de la salle literally translates to around the room, which matches the English phrase exactly. En bas describes a vertical position—downstairs or at the bottom—so it isn't about moving around the space. Croisé derrière refers to a specific cross position behind the body, not the idea of moving around the room. So Autour de la salle is the correct translation because it directly conveys the notion of going around the room in the space you're dancing.

2. Which term denotes performing two large circular movements of the leg in the air while maintaining an arabesque?

A. Entrechat Royale

B. Entrechat Quatre

C. Adage Enchaînements

D. Deux Grand Ronds de Jambe en l'air avec l'Arabesque

In Cecchetti vocabulary, rond de jambe en l'air means the leg traces a circle while it's in the air. When you see grand, it's a large arc; deux tells you there are two repetitions; et avec l'Arabesque means you hold the arabesque position throughout. So Deux Grand Ronds de Jambe en l'air avec l'Arabesque describes performing two big circular leg movements in the air while staying in arabesque. That exactly matches the description in the question, which is why this term is the best fit. The other terms refer to different actions: the entrechats are jumps with beating motions, not circular leg movements in arabesque, and adage enchaînements refers to slow, connected sequences rather than two big rond de jambe in the air in arabesque.

3. Which term refers to a movement where the leg is extended in a straight line from the hip?

A. Developpe

B. Arabesque

C. Releves

D. Echappe

Developpe is the movement you're describing: the thigh is drawn up to a neath position (often retiré or passé) and then unfolds along a straight line from the hip to the toe. The essential idea is creating a single, clean line from the hip through the leg, with the knee kept straight and the foot pointed as the leg reaches full extension. This distinguishes it from other movements: arabesque involves extension behind or to the side as a held pose, rather than the unfolding action from a bent position; releves focus on rising onto pointe with the legs straight but not the leg moving through a straight-line unfold from the hip; and echappe is a slipping transition from closed to open rather than a straight-line extension from the hip. So the term that best fits the description is developpe.

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4. Which term translates to Sustained?

A. De Suite

B. Soutenu

C. Temps Lie

D. Assemble

Soutenu is the term used to describe a sustained, held, and smoothly connected movement quality. It comes from the French verb soutenir, meaning to sustain or support, and is used in Cecchetti and classical ballet to indicate that the line should be prolonged and controlled—often seen in movements that stay on one leg or in a turning phrase where the position remains held cleanly rather than snapped or rushed. So, the word that translates to Sustained is soutenu. By contrast, de suite means performed in sequence, temps lié denotes a connected, linked movement between steps, and assemble refers to bringing the feet together, typically in a jump—none of these specifically capture the held, continuous quality implied by sustained.

5. Which term means 'backwards'?

A. En arriere

B. En haut

C. Soubresaut

D. Passe

In ballet terminology, movement directions are given in French. The term that means backwards is en arriere, which literally conveys moving toward the back. You'll see it used to describe steps that travel behind you, such as stepping en arriere. En haut means upward or high, used when directing movements upward. Soubresaut is a quick jump where both feet leave the floor and land together. Passe refers to the working foot passing by the knee of the supporting leg, a transitional position rather than a direction. So en arriere is the correct term for backwards.

6. Describe a typical Grade 4 center petit allegro phrase, including at least two jump types and their timing.

A. A quick sequence such as an assemble from fifth to fifth, followed by a jeté or petit changement with precise landings; rhythm is even, with clear accents on beats and controlled recoil.

B. A slow développé to second position, then a hop.

C. A pivot turn with no jumps.

D. A grand tour jeté followed by a double pirouette.

Center petit allegro at Grade 4 focuses on a brief, brisk jump sequence that stays compact and shows control, clean landings, and even timing with the music. The best description is a quick sequence such as an assemble from fifth to fifth, followed by a jeté or petit changement with precise landings, keeping the rhythm even and the beats clearly accented while the body recoils softly from the landing. This captures the core Grade 4 idea: two jumps in close succession that demonstrate accurate takeoffs and landings, correct alignment, and a musical rhythm that emphasizes the beat. The other scenarios don't fit petit allegro in center work: one involves a slow movement with a hop and isn't a rapid, two-jump phrase; another centers on turns with no jumps; and another includes a grand jeté leading to a double pirouette, which is beyond Grade 4 petit allegro and leans into more advanced repertoire.

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7. Which practice aid is commonly used to assess turnout and body alignment during Grade 4 training?

A. Chalk lines

B. Video analysis

C. Padded blocks

D. Mirrors

Using a mirror provides real-time visual feedback, which is key for developing turnout and body alignment. In Grade 4, students learn to turnout from the hip joints while keeping the pelvis level, the spine long, and the shoulders square. Watching themselves lets them see if the feet, knees, and hips are aligned, and if turnout is coming from the correct place rather than collapsing inward. This immediate feedback helps them adjust foot placement, knee tracking, and overall posture during practice, building clear proprioception and independent correction. Chalk lines can help with foot placement references on the floor, but they don't show actual body alignment. Video analysis can be useful for later review, yet it isn't as accessible for everyday practice. Padded blocks are for support or height cues, not for assessing turnout and alignment.

8. What is the English translation of Battements Retirés?

A. Withdrawn Beatings

B. Balanced Beatings

C. Small Beatings On The Ankle (Or The Neck Of The Foot)

D. Large Circle Of The Leg Outward In The Air

The idea here is translating a French ballet term into English. Battement retiré literally means withdrawn battement. The position involves pulling the working leg up to a retiré position—drawn back and held close to the supporting leg—so the appropriate English wording describes the movement as a withdrawn battement. That's why the translation that uses "withdrawn" best fits. The other options describe different movements or descriptions (a circle, a small beat at the ankle, etc.), which do not capture the idea of withdrawing the leg to the retiré position.

9. Which term translates to Linked movement?

A. Derriere

B. De Suite

C. Temps Lie

D. Assemble

Linked movement is all about connecting steps with a smooth transfer of weight, so the body moves from one position to another without a jump interrupting the flow. Temps lie literally conveys this idea, as it translates to a connected, time-tied movement where the working foot slides into the next position while the weight shifts from one foot to the other. This creates a continuous, graceful line rather than a jump or a separate, isolated action. Derriere simply means behind or to the back, which is a directional cue rather than a linking action. De suite means in sequence, indicating a series of steps, not specifically the way movements are connected. Assemble is a jump where the feet come together in the air, which breaks the flow rather than linking the positions. So the term that best describes a movement that connects from one position to the next with a weight transfer is temps lie.

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10. Battements Balancés translates to which of the following?

A. Small Beatings

B. Withdrawn Beatings

C. Large Circle Of The Leg

D. Balanced Beatings

Battements balancés is best translated as “balanced beatings." Balancé is the idea of balancing or swinging, so this movement is a light two-beat beat where the leg brushes front and then back while the body subtly shifts weight to maintain balance. The emphasis is on a smooth, controlled rocking motion and steady alignment, not on making a large circular path or pulling the leg into a withdrawn position. In practice you keep a steady torso, use the arms to counterbalance, and let the weight transfer be gentle between the supporting leg and the working leg.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://cecchettigrade4.examzify.com

We wish you the very best on your exam journey. You've got this!

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