

Cecchetti Grade 4 Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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.

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!

Questions

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- 1. Sissonne translates to which?**
 - A. Backward**
 - B. Gliding movement**
 - C. Named of the person who invented the step**
 - D. Sudden step**

- 2. In the Correct Sequence of Eight Body Positions, which is the fifth position?**
 - A. Croisé Devant**
 - B. À La Quatrième Devant**
 - C. À La Second**
 - D. Épaulé**

- 3. Which term refers to turning in the air during a leap?**
 - A. Jete**
 - B. Demi**
 - C. Plié**
 - D. Tour en l'air**

- 4. Which term is not part of the Correct Sequence of Eight Body Positions?**
 - A. À La Second**
 - B. Croisé Devant**
 - C. Écartè**
 - D. Grande Révérence**

- 5. Which term translates to 'En bas'?**
 - A. En bas**
 - B. En avant**
 - C. Tourner**
 - D. Ecarte**

- 6. Which term denotes a slow, controlled movement in a sustained phrase?**
- A. Plié**
 - B. Demi**
 - C. Adage**
 - D. Jete**
- 7. Which term describes raising the body to a height in fifth position?**
- A. Relevé Cinquieme**
 - B. Exercices au milieu**
 - C. En dehors**
 - D. Battement Frappés**
- 8. Which term translates to Linked movement?**
- A. Derriere**
 - B. De Suite**
 - C. Temps Lie**
 - D. Assemble**
- 9. Which term describes a long extended line with one leg in the back?**
- A. Arabesque**
 - B. Developpe**
 - C. Grand Battements**
 - D. Releves**
- 10. Which term is the lifted movement?**
- A. Releves**
 - B. Arabesque**
 - C. Developpe**
 - D. Temps Leve**

Answers

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

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Explanations

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1. Sissonne translates to which?

- A. Backward
- B. Gliding movement
- C. Named of the person who invented the step**
- D. Sudden step

In ballet terminology, some steps carry names that point to who created or popularized them rather than describing how they move. Sissonne is such an eponym; the word translates as the name of the person who invented the step. It's not about a direction (backward), a style of movement (gliding), or a general descriptor (sudden). The term's meaning rests on its origin as a named contributor to the repertoire, which is why this option is the best choice.

2. In the Correct Sequence of Eight Body Positions, which is the fifth position?

- A. Croisé Devant
- B. À La Quatrième Devant
- C. À La Second**
- D. Épaulé

In this sequence, the eight basic body positions are named by how the dancer faces and where the feet are, so the order moves from more turned toward the front to progressively more open to the side. The fifth position is the side-facing stance, where the body line runs to the side and the feet are in second position. That side-on orientation is what the term à la seconde describes, making it the fifth position in the standard Cecchetti order. The other terms refer to positions that are either more turned toward the front or more turned toward the back, or to a shoulder-aligned pose, which places them outside the fifth position.

3. Which term refers to turning in the air during a leap?

- A. Jete
- B. Demi
- C. Plié
- D. Tour en l'air**

The move described is a turning leap, where the dancer rotates in the air during the jump. In Cecchetti vocabulary, that action is named tour en l'air, literally meaning a turn in the air. That's why it's the best choice here. For context, a jete is a leap from one foot to the other with the working leg extended, but it doesn't involve a rotation in the air. Plié refers to bending the knees, a preparatory or finishing action, not a airborne turn. Demi is a prefix meaning half, used in terms like demi-plié or demi-point, and by itself doesn't name a turning leap.

4. Which term is not part of the Correct Sequence of Eight Body Positions?

- A. À La Second
- B. Croisé Devant
- C. Écartè
- D. Grande Révérence**

The question checks your knowledge of Cecchetti's eight standard body positions and your ability to distinguish a position from a performance gesture. Croisé Devant and Écarté are both names used to describe how the dancer's body is oriented and how the limbs are placed within the eight-position framework. À la seconde refers to the second-position orientation, again a proper part of the sequence. Grande Révérence, on the other hand, is a grand reverence—a bow to the audience. It is a gesture used at the end of a class or performance, not one of the body positions in the sequence. So the term not part of the eight positions is Grande Révérence.

5. Which term translates to 'En bas'?

- A. En bas**
- B. En avant
- C. Tourner
- D. Ecarte

In ballet French terms, bas means low or down, while haut means high. En bas specifically describes lowering or a down position. So when the term shown is en bas, its translation is down or low, which is why it's the correct choice. The other terms describe different directions or actions: en avant means forward, tourner means to turn, and écarte refers to opening the legs away from the body.

6. Which term denotes a slow, controlled movement in a sustained phrase?

- A. Plié
- B. Demi
- C. Adage**
- D. Jete

Adage denotes a slow, controlled movement in a sustained phrase. The emphasis is on long lines, balance, and smooth, continuous motion that you feel through the whole body, not rushed or jangly. In Cecchetti practice, adage work trains you to maintain proper turnout, alignment, and core control while shaping and sustaining the movement with musicality. Plié is the bending of the knees; demi indicates half or a moderate amount (as in demi-plié); jete is a throwing step or leap. So the term that best describes slow, controlled movement within a sustained sequence is adage.

7. Which term describes raising the body to a height in fifth position?

- A. Relevé Cinquieme**
- B. Exercices au milieu**
- C. En dehors**
- D. Battement Frappés**

Raising the body to height in fifth position is described by a relevé cinquieme. Relevé is the action of lifting from a plié up onto the balls of the feet (demi-pointe) or onto pointe, maintaining turnout and a straight alignment. Adding cinquieme specifies the exact foot placement: fifth position, where the feet are fully turned out and one foot sits in front of the other with heels aligned. So relevé cinquieme means lift up into that specific fifth-position height and hold with proper turnout. The other terms refer to different ideas: exercices au milieu means center work, en dehors indicates a direction of turn-out or path, and battement frappé is a foot-beat or brush on the floor, not the act of rising to height in fifth.

8. 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.

9. Which term describes a long extended line with one leg in the back?

A. Arabesque

B. Developpe

C. Grand Battements

D. Releves

An arabesque is a classic ballet pose that creates a long, continuous line through the body with one leg extended straight behind. In this position you balance on a supporting leg, keep the hips square and turned out from the hip, and reach the working leg back with a pointed toe, while the arms and torso elongate to lengthen the line from the fingertips to the back foot. This sustained, stretched line is what defines the pose. A developpe describes a movement where the leg is drawn up and then extended through a passé before reaching full extension, so the line is built during the movement rather than held as a long static line. Grand battements are large, quick kicks of the leg, emphasizing height and speed rather than maintaining a long line behind. Releves involve rising onto the balls of the feet or pointe, focusing on vertical alignment rather than the extended back line.

10. Which term is the lifted movement?

A. Releves

B. Arabesque

C. Developpe

D. Temps Leve

Lifted movement in Cecchetti is about rising off the floor with light, springy energy. The term that names that action most directly is temps levé, which translates to "time raised" and describes a small jump on one foot that lifts the body and then lands. This distinguishes it from a pure rise on two feet or a held lift, which is represented by relevé, a controlled rise to demi-pointe often from plié without a springing jump. It also differs from developing or arabesque, which focus on the leg's path or a held pose rather than the lifting moment. So the lifted movement label is temps levé.

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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