

CECCHETTI GRADE 4 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. Which phrase translates to 'à la seconde'?

- A. to the second
- B. à la seconde
- C. to the fourth front
- D. En bas

2. Which term means escaped?

- A. Changement
- B. Arabesque
- C. Chasse
- D. Echappe

3. Turnout is crucial in Grade 4 allegro. Which cue best helps you check turnout while jumping?

- A. Keep hips square to audience.
- B. Use mirrors and hip rotation to ensure true turnout.
- C. Keep knees over second toe.
- D. Check alignment via shoulder position.

4. Which term would you use to indicate a move described as 'gliding movement'?

- A. Fondus
- B. Glissade
- C. Sissonne
- D. Soubresaut

5. En arriere translates to which?

- A. Backwards
- B. Forward
- C. Upward
- D. Again

6. Which is a correct pair from the material?

- A. Glissade Derrière, Assemblé Dessus
- B. Sissonne en Arrière, assemblé Devant
- C. Pas de Bourrée Dessous, Pas de Bourrée Dessus
- D. Échappés Sautés Changés, Pas de Bourrées Dessous et Changements de Pieds

7. Which phrase translates to 'to the fourth behind'?

- A. à la Quatrieme derriere
- B. à la Quatrième derriere
- C. En bas
- D. Croisé derrière

8. Which term describes a sissonne to the back opened?

- A. Sissonne en Arrière, ouverte
- B. Attitude et Pirouette en Dedans Study
- C. Deux Grand Ronds de Jambe en l'air avec l'Arabesque
- D. Seconde arabesque croisé

9. Which term means a large, reverent step?

- A. Enchaînements
- B. Première Arabesque Croisée
- C. Grande Révérence
- D. Petits Battements Sur Le Cou De Pied

10. Which term means 'backwards'?

- A. En arriere
- B. En haut
- C. Soubresaut
- D. Passe

Answers

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

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Explanations

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1. Which phrase translates to 'à la seconde'?

- A. to the second
- B. à la seconde**
- C. to the fourth front
- D. En bas

Recognizing ballet terminology in French helps you connect the term to a specific arm position. À la seconde is the French name for the second arm position in classical ballet. It describes the arms extended out to the sides at shoulder height, forming a straight line—the second position used in Cecchetti. The literal meaning is “to the second,” or, in practice, “in second position.” Among the options, the one that is the actual French term is the best match, since it names the position itself. The other choices describe different ideas—en bas means down, and the notion of a “fourth front” isn’t a standard Cecchetti term; while “to the second” is an English translation, this item tests recognizing the French term rather than translating it.

2. Which term means escaped?

- A. Changement
- B. Arabesque
- C. Chasse
- D. Echappe**

Échappé means escaped. This term describes slipping the feet from a closed position (usually fifth) to an open position (second or fourth) while keeping turnout and control. It can be done on the ground from plié to an open stance (échappé relevé) or with a small jump (échappé sauté). In Cecchetti vocabulary, it captures the idea of the feet “escaping” from being together to being apart. The other terms refer to different actions: change of feet in the air, a pose with the leg extended, or a gliding step, not the escape from a closed to an open position.

3. Turnout is crucial in Grade 4 allegro. Which cue best helps you check turnout while jumping?

- A. Keep hips square to audience.
- B. Use mirrors and hip rotation to ensure true turnout.**
- C. Keep knees over second toe.
- D. Check alignment via shoulder position.

Turnout comes from the hips and should stay engaged through the jump. Mirrors give you real-time feedback on how your hips are rotated and whether your feet stay in true turnout as you take off and land. The best cue is to use mirrors and actively rotate from the hip to ensure true turnout. Keeping the hips square to the audience would suppress turnout, and knee alignment over the second toe or shoulder position doesn't directly verify the leg turnout during the jump.

4. Which term would you use to indicate a move described as 'gliding movement'?

- A. Fondus
- B. Glissade**
- C. Sissonne
- D. Soubresaut

Glissade is the term for a glide in ballet. It describes a smooth transfer of weight from one foot to the other with the foot brushing along the floor, creating the impression of sliding or gliding. Fondus involve melting through a demi-plié with a sinking feel and weight transfer, not a continuous slide between feet. Sissonne and soubresaut are jumps; they leave the floor and land, rather than glide. So the best term for a gliding movement is glissade.

5. En arriere translates to which?

- A. Backwards**
- B. Forward
- C. Upward
- D. Again

En arriere tells you to move toward the back. In ballet terminology, it marks a backward direction, opposite to en avant (forward). So the translation is backwards. Upward would be en haut, and again is encore, so those don't describe direction the way en arriere does.

6. Which is a correct pair from the material?

- A. Glissade Derrière, Assemblé Dessus**
- B. Sissonne en Arrière, assemblé Devant
- C. Pas de Bourrée Dessous, Pas de Bourrée Dessus
- D. Échappés Sautés Changés, Pas de Bourrées Dessous et Changements de Pieds

In this level, you're looking for a natural two-part phrase that comes from the graded material, showing how steps flow into each other with clear direction and landing. The pairing Glissade Derrière followed by Assemblé Dessus fits that pattern: a glissade behind moves the working foot behind the supporting leg, setting up a precise arrival where the working foot meets the supporting foot in the air and lands in fifth, with the landing described as dessus. This sequence demonstrates how a behind glide leads into a clean, elevated assemblé on the dessus side, exactly the kind of linked pair you'd expect to see in the Grade 4 material. The other options don't align with the standard two-part phrases from the material. They mix movements or directions that aren't presented together as a recognized paired phrase in this grade, such as combining sissonne with a different landing, or pairing bourrées in a way that isn't shown as a single paired sequence, or including leaps and changes that don't form the expected material pairing.

7. Which phrase translates to 'to the fourth behind'?

A. à la Quatrieme derriere

B. à la Quatrième derriere

C. En bas

D. Croisé derrière

In Cecchetti French terms, moving to a position behind uses the structure "à la" plus an ordinal plus "derrière." The word "quatrième" is the ordinal for fourth, and "derrière" means behind, so the phrase literally means the move to the fourth position behind. The option that matches uses those words in that order (even if accents aren't shown), making it the correct translation. The other options describe different ideas: "en bas" means down or low, and "croisé derrière" means crossed behind, neither of which specifies the fourth behind position.

8. Which term describes a sissonne to the back opened?

A. Sissonne en Arrière, ouverte

B. Attitude et Pirouette en Dedans Study

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

D. Seconde arabesque croisé

The movement described is a sissonne aimed to the back with the leg extended in the air. In ballet terminology, a sissonne is a jump from two feet landing on one foot. When it's said en arrière, the leap travels toward the back. Adding ouverte signals that the working leg is extended, not held closed, creating a visible open line behind the body. So sissonne en Arrière, ouverte correctly names a sissonne to the back with the leg opened in the air. The other descriptions refer to different steps or poses (a turn with attitude, a grand rond de jambe with arabesque in the air, or a crossed arabesque) and do not describe a backward, opened sissonne.

9. Which term means a large, reverent step?

A. Enchaînements

B. Première Arabesque Croisée

C. Grande Révérence

D. Petits Battements Sur Le Cou De Pied

Grande Révérence is the term for a large, reverent bow to the audience. In Cecchetti terminology, révérence means a bow, and adding grande signals a bigger, more ceremonial gesture. It's not a stepping movement across the floor, but a formal gesture of respect. The other terms refer to different ideas: enchaînements are linked sequences of steps, première arabesque croisée is a specific crossed arabesque pose, and petits battements sur le cou-de-pied are small beating movements on the neck of the foot.

10. 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.

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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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