

Pas de Sissonne

N.B. Pas de Sissonnes are often done in pairs, and while the back foot is usually in the air after the first one, either the front or the back foot might be in the air after the second

Line across left foot shows it in the air after the hop

Pairs of lines show both feet leaving the ground in the same position (hop)

Both feet shown with bend, so plié on both after arrival

Free foot (right) swings around in front of the left; land on both feet

Pair of lines show dancer leaving the ground

Diagonal line shows a bend on the left

Shows the position of the feet: left in front, right in the air behind (weight on the left)

upbeat: plié on left
beat 1: hop on both
and: plié on both
beat 2: hop on front

