

Dance Studio English

Dance Studio English · themed track · printable workbook

Name: _____ Date: _____

Read this first

This workbook covers the Dance Studio app's vocabulary cards (grouped by category, with definitions, synonyms and antonyms folded into the Example column), the pronunciation drills, and the minimal-pairs practice.

Movement

English	Say it like	Example
Pirouette	peer-uh-WET	She completed three perfect pirouettes without losing balance. Synonyms: Spin, Twirl. Antonym: Stillness.
Leap	leep	The dancer executed a massive leap across the stage. Synonyms: Jump, Bound. Antonym: Ground.
Arabesque	ar-uh-BESK	From arabesque to relevé, she held each position with poise. Synonyms: Extension, Pose. Antonym: Contraction.
Footwork	FOOT-wurk	Judges looked closely at her footwork during the contemporary solo. Synonyms: Technique, Steps. Antonym: Sloppiness.
Plié	plee-AY	They began the warm-up with sixteen slow pliés at the barre. Synonyms: Bend, Crouch. Antonym: Straighten.
Chassé	sha-SAY	They chasséd diagonally across the stage before the final leap. Synonyms: Slide step, Glide. Antonym: Stomp.
Extension	ik-STEN-shun	Her extension above her head drew gasps from the audience. Synonyms: Reach, Line. Antonym: Contraction.
Strength	strength	Building core strength took months of daily conditioning. Synonyms: Power, Stamina. Antonym: Weakness.

People

English	Say it like	Example
Choreographer	kor-ee-OG-ruh-fer	The choreographer spent three months developing the new routine. Synonyms: Creator, Director. Antonym: Performer.
Soloist	SOH-loh-ist	As a soloist, she carried the emotional weight of the entire piece. Synonyms: Lead, Principal. Antonym: Ensemble.
Ensemble	on-SOM-bul	The ensemble moved in perfect unison across the stage. Synonyms: Group, Company. Antonym: Solo.

English	Say it like	Example
Partner	PART-ner	Her partner lifted her effortlessly during the dramatic climax. Synonyms: Duo, Pair. Antonym: Individual.
Instructor	in-STRUK-ter	Her instructor reminded the class to keep their shoulders down. Synonyms: Coach, Teacher. Antonym: Beginner.

Timing

English	Say it like	Example
Rhythm	RIH-thum	She listened to the rhythm before stepping onto the stage. Synonyms: Tempo, Beat. Antonym: Chaos.
Synchronization	sing-kruh-nai-ZAY-shun	The dancers executed the turn with complete synchronization. Synonyms: Unison, Timing. Antonym: Mismatch.
Pace	pays	She adjusted her pace to match the accelerating tempo of the music. Synonyms: Speed, Cadence. Antonym: Standstill.
Downbeat	DOWN-beet	Every jump in the routine landed exactly on the downbeat. Synonyms: Count one, Accent. Antonym: Upbeat.

Emotion

English	Say it like	Example
Exhilaration	ig-zil-uh-RAY-shun	She felt pure exhilaration as the crowd gave her a standing ovation. Synonyms: Elation, Thrill. Antonym: Disappointment.
Stage Fright	stayj frite	She felt stage fright in the wings but forgot it the moment the music started. Synonyms: Nerves, Jitters. Antonym: Confidence.

Positions

English	Say it like	Example
Fourth Position	forth puh-ZI-shun	She stepped into fourth position before starting her turn. Synonyms: Stance, Base. Antonym: Parallel.
Fifth Position	fifth puh-ZI-shun	Fifth position needs strength through both thighs to hold steady. Synonyms: Crossed stance. Antonym: First position.
Turnout	TURN-owt	Good turnout comes from the hips, never from twisting the knees. Synonyms: Rotation, Open hips. Antonym: Parallel.

Dance Styles

English	Say it like	Example
Ballet	ba-LAY	She has studied ballet since she was five years old. Synonyms: Classical dance, Danse classique. Antonym: Freestyle.

English	Say it like	Example
Contemporary	kuhn-TEM-puh-rer-ee	Contemporary dance lets performers express real emotions through movement. Synonyms: Modern dance, Lyrical. Antonym: Classical.
Hip-Hop	HIP-hop	He learned his first hip-hop routine from online videos. Synonyms: Street dance, Urban dance. Antonym: Ballet.
Ballroom	BAWL-room	Her grandparents still go ballroom dancing every Friday night. Synonyms: Partner dancing, Social dance. Antonym: Solo dance.
Tap	tap	The tap shoes clicked loudly against the wooden stage. Synonyms: Tap dancing, Clogging. Antonym: Silent movement.

Body & Care

English	Say it like	Example
Warm-up	WAWRM-up	Every class starts with a ten-minute warm-up at the barre. Synonyms: Preparation, Limbering up. Antonym: Cool-down.
Stretch	strech	She stretches for fifteen minutes after every rehearsal. Synonyms: Extend, Elongate. Antonym: Contract.
Injury	IN-juh-ree	A bad injury kept her off the stage for two months. Synonyms: Sprain, Strain. Antonym: Recovery.
Flexibility	flek-si-BIL-i-tee	Years of stretching gave her incredible flexibility. Synonyms: Suppleness, Range of motion. Antonym: Stiffness.
Cool-down	KOOL-down	They finished the class with a five-minute cool-down and some deep breathing. Synonyms: Wind down, Recovery stretch. Antonym: Warm-up.

Pronunciation drill — say each one 3 times

Sound	How to say it	Practice words
/r/ Sound (No Trill)	Polish trills the R. English softens it. Tongue tip up, no vibration. Glide, don't roll.	rhythm, choreography, routine, perfect
/th/ Sound	Polish has no th. It is not S, Z or T. Tongue tip between teeth, blow air gently.	thrill, athletic, rhythm, path
/w/ vs /v/	Polish w = English v. English w is a lip glide. Round the lips like whistling — teeth never touch lips.	where, sweat, twirl, always
Final Consonants	Polish softens word endings. English keeps them sharp. Fully finish the last sound. Hold it a beat.	leap, step, moved, jumped

Sound	How to say it	Practice words
Word Stress	Polish stress is flat and regular. English jumps around. Tap your accent to hear it. Punch the stressed syllable: louder, longer, higher.	synchronisation, choreography, ensemble
Short /i/ vs Long /ee/	Polish has one i. English has two different vowels. Short i: relaxed mouth. Long ee: wide smile.	sit / seat, slip / sleep, hit / heat
Ballet Position TH Words	Two of the five ballet positions have the /th/ sound built right in. Tongue tip between the teeth for every 'th' — don't swap it for an F, T or D.	fourth position, fifth position, strength, breath
Consonant Clusters	Polish rarely stacks this many consonants in a row — English dance vocab is full of them. Slow it right down first. Feel every consonant before speeding up.	strength, stretched, twirled, sprint
Silent Letters	Some letters in dance words are written but never spoken. 'Choreograph' hides a silent nothing after the K-sound 'ch'; 'fright' and 'through' both hide a silent GH.	choreograph, rhythm, stage fright, through

Minimal pairs — don't mix these up!

Real word	Watch out for	The difference
sit /sɪt/	seat /si:t/	Relaxed jaw, quick vowel / Smile wide, stretch the vowel
slip /slɪp/	sleep /sli:p/	Short and snappy / Long ee, like 'eeee'
west /west/	vest /vest/	Round lips first — w glide / Top teeth touch bottom lip
wine /waɪn/	vine /vaɪn/	Lips like whistling / Buzzy v at the start
tree /tri:/	three /θri:/	Crisp t, then r glide / Tongue between teeth first
fourth /fɔ:θ/	force /fɔ:s/	Ends with tongue between teeth / Ends with a hissing S
pace /peɪs/	pass /pɑ:s/	Long A, soft S ending / Flat A, quick S
leap /li:p/	lip /lɪp/	Long ee, crisp P / Short i, same crisp P
beat /bi:t/	bit /bɪt/	Long ee, hard T / Short i, same hard T
walk /wɔ:k/	work /wɜ:k/	Lips round first — w glide / Same w glide, different vowel