Did you know? Ballet terminology is in French. Below are three common ballet steps, and what the translation from French to English.

**Arabesque – long line**

**Pirouette – to turn**

**Sauté – to jump**

**Positions of the Feet**

**First Position**: The heels touch each other and the feet turn outward.

**Second Position**: Like to 1st position, but the feet are spread apart with a space of your foot length between the heels.

**Third Position**: The heel of one foot is against the instep of the other.

**Fourth Position**: Like 5th position, but one foot is in front of the other, with space equaling your foot length.

**Fifth Position**: With both feet touching, the toes of each foot reach the heel of the other.

**Positions of the Arms**

**En Bas**: Arms low, elbow slightly rounded, palms look up at the heart.

**First Position**: Fingers at waist level, elbows round, like holding a beach ball.

**Second Position**: Arms raised to the sides, a slight slope downward, elbows rounded.

**Third Position**: One arm in 2nd, one in 5th.

**Fourth Position**: One arm in 1st, one in 5th.

**Fifth Position**: Arms raised above the head, creating an oval “picture frame” around the face.

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