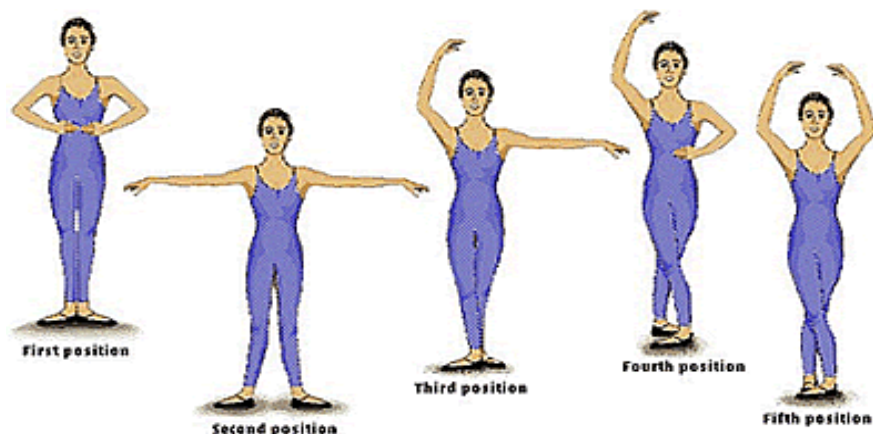


BALLET 101 - POSITIONS



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.

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