

LEARN BALLET POSITIONS

Try to stand in the five different positions that ballet dancers use to start and finish their dance steps.

First position



Put your heels together and turn out your feet.

Curve your arms as if you were holding a big beach ball.

Second position



Hold out your arms.

The space between your feet should be one and a half times your foot's length.

Third position



Arm curved in front

Arm out to the side

Put the heel of one foot against the middle of your other foot.

Fourth position



Arm curved above

Arm out to the side

Put the heel of one foot against the big toe of your other foot, then step forward with just your front foot.

Fifth position



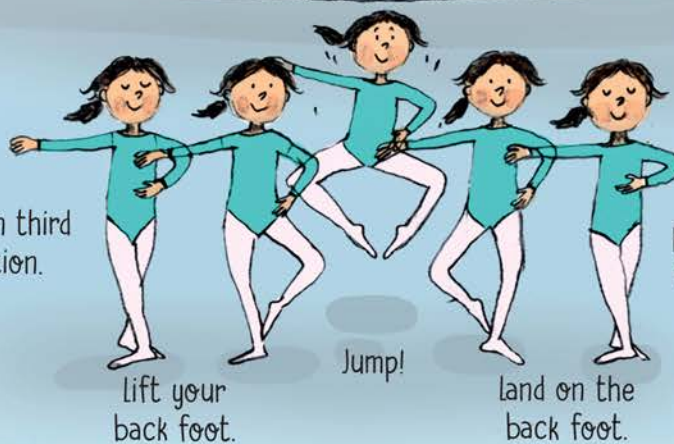
Both arms curved above

Put the heel of one foot against the big toe of your other foot.

Now try a dance step...

This step is called a *pas de chat*, which means 'cat's step' in French.

Start in third position.



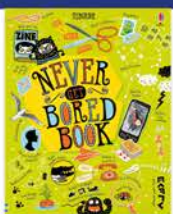
Lift your back foot.

Jump!

Land on the back foot.

Finish in third position.

Most ballet steps have French names because the first official ballet school was set up in France in the 17th century.



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