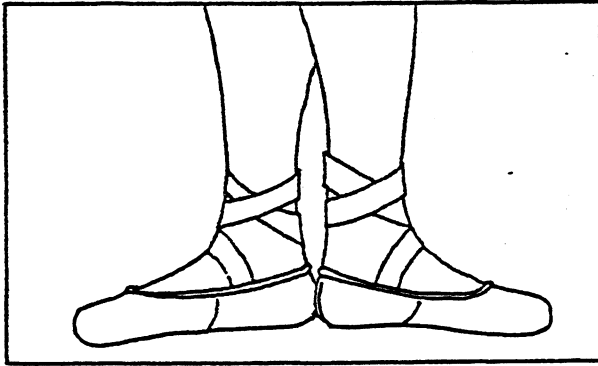
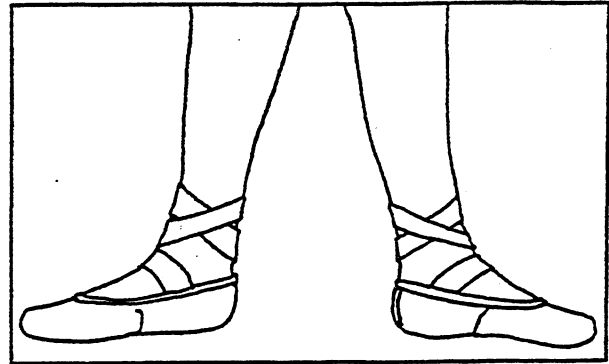


THE FIVE POSITIONS OF CLASSICAL BALLET

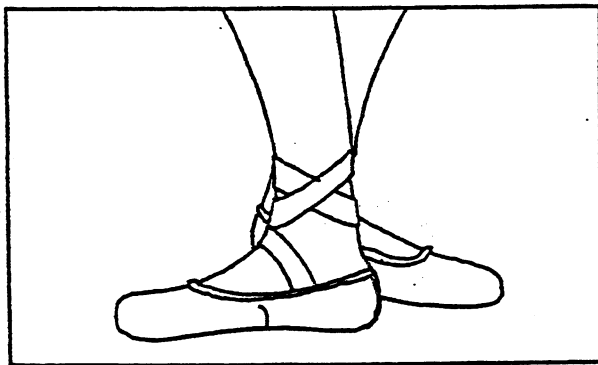
Many years ago, in France, a dance teacher named Pierre Beauchamps gave names to many of the steps and movements used in ballet so that he could teach his students better. Most of his French terms are still used today. He also came up with the five basic positions of the feet that are the foundation of all ballet technique and training all over the world. All ballet movements begin and end in one of these five positions.



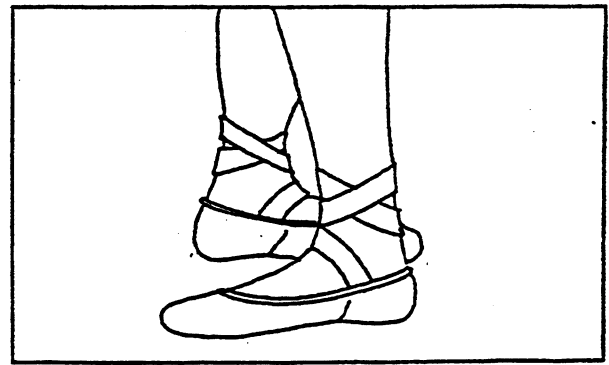
First Position: With heels together, the legs and feet are turned out from the hips to form a straight line. This is called 90 degree turnout.



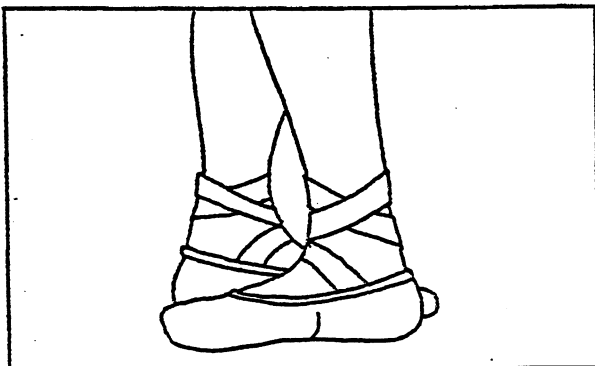
Second Position: Legs and feet are turned out from the hips, the feet forming a straight line but this time with the heels about 12 inches apart



Third Position: One foot is placed directly in front of the other so that each heel is touching the middle of the other foot.



Fourth Position: One foot is placed about 12" in front of the other, the heel of one foot in line with the toes of the other.



Fifth Position: With legs and feet turned out from the hips, one foot is placed directly in front of the other, with each heel touching the toes of the other foot.