

Basic Ballet

The five positions are a very important part of learning ballet because every ballet move, even the complicated ones like a *plié* or *jeté*, begins and ends with one of these positions. They might look easy but can actually take ballerinas years to get exactly right!



First position: you stand with the balls of the feet are turned out completely. Your heels touch each other and your feet face outward, trying to form a straight line.



Second position: The same as the first position but your feet are a foot length apart



Third position: Place one foot in front of the other one with the heel of the front foot touching the middle of the back foot.



Fourth position: Your feet are the same as in Third Position, but there is about a foot's-length of space between your front and rear feet



Fifth position: Put one foot in front of the other with the toes of each foot reaches the heel of the other. Both your feet should be touching.

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