



Dance Terminology

Life isnt about waiting for the storm to pass, it's about learning how to dance in the rain.

First Position

The heels are together with the toes of each foot pointed out toward either side, with legs straight and turned out, following the position of the feet.



Second Position

Legs are straight and the feet are turned out to each side like in first position, but the difference is that the heels do not touch and are instead about hip-width apart.





Third Position

This position is rarely used, since it can be mistaken for a sloppy first or fifth position, BalletHub noted, but it is still important to learn. Begin in first position, and then slide the heel of one foot so it lines up with the middle of the other foot, keeping both feet pointing out in opposite directions.

Fourth Position

Stand with one foot about a foot's length in front of your other foot. Each foot should be pointing in an opposite direction, and the toes of the back foot should line up with the heel of the front foot.

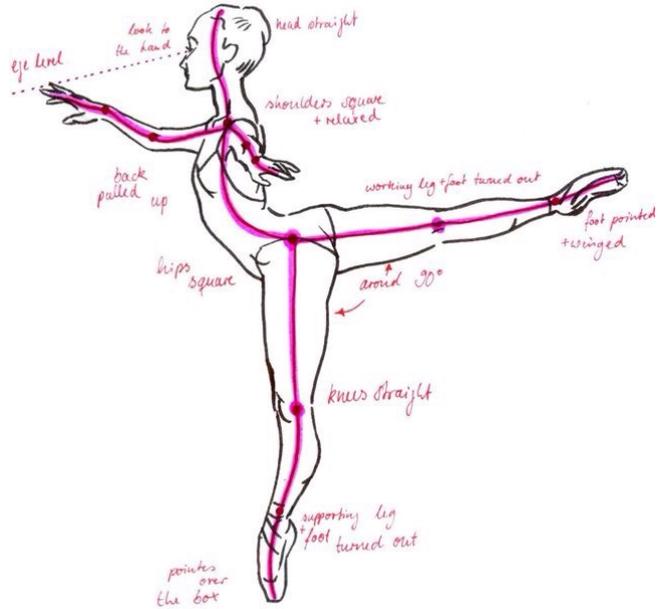




Fifth Position

This position is the most difficult one. It's like fourth position, but there is no gap between your feet. The toes of each foot should be directly in front of the heel of the other foot, and make sure your legs are turned out and straight.

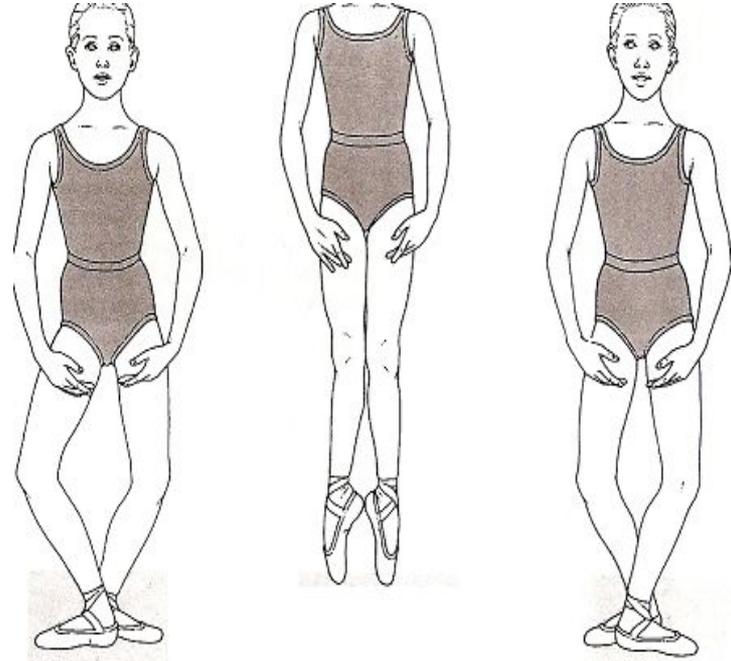
Arabesque



An arabesque is when the dancer stands on one leg with the other leg extended behind the body. The arms can be held in a variety of positions. Regardless, the goal of the arabesque is to create as smooth seamless a line as possible with the body, from the shoulders through the arms and down to the toes of the extended leg

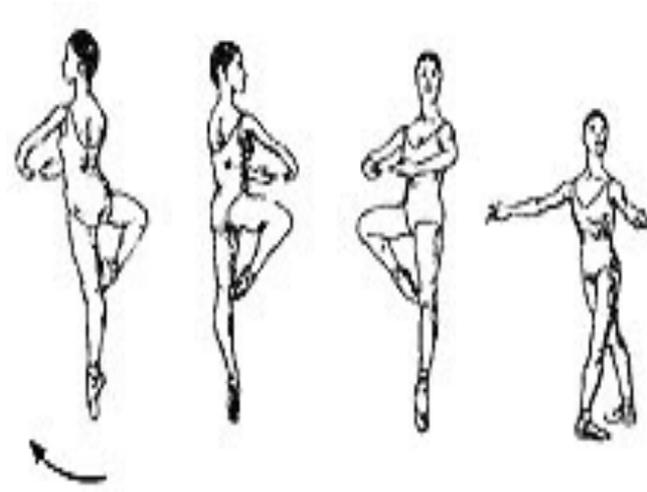
Changements

When a dancer begins in fifth position, jumps up in place and then switches the position of their feet while in the air so that they land in fifth position with the opposite foot now in front



Pirouette

A pirouette is a 360 degree spin made on one foot that is en pointe or demi-pointe, and is frequently begun from fourth position. The move requires strong core alignment and balance,



Plié



Plié means “bent” or “bending,” and is when one or both knees are bent while legs and feet remain turned out, and are done in first, second, fourth and fifth positions. There are two main types of pliés, demi and grand.

Demi: This is a small bend of the knees while heels are on the floor which creates a diamond shape.

Grand: A large bend of the knees during which heels are raised off the ground in a motion that mimics a “frog stretch.”