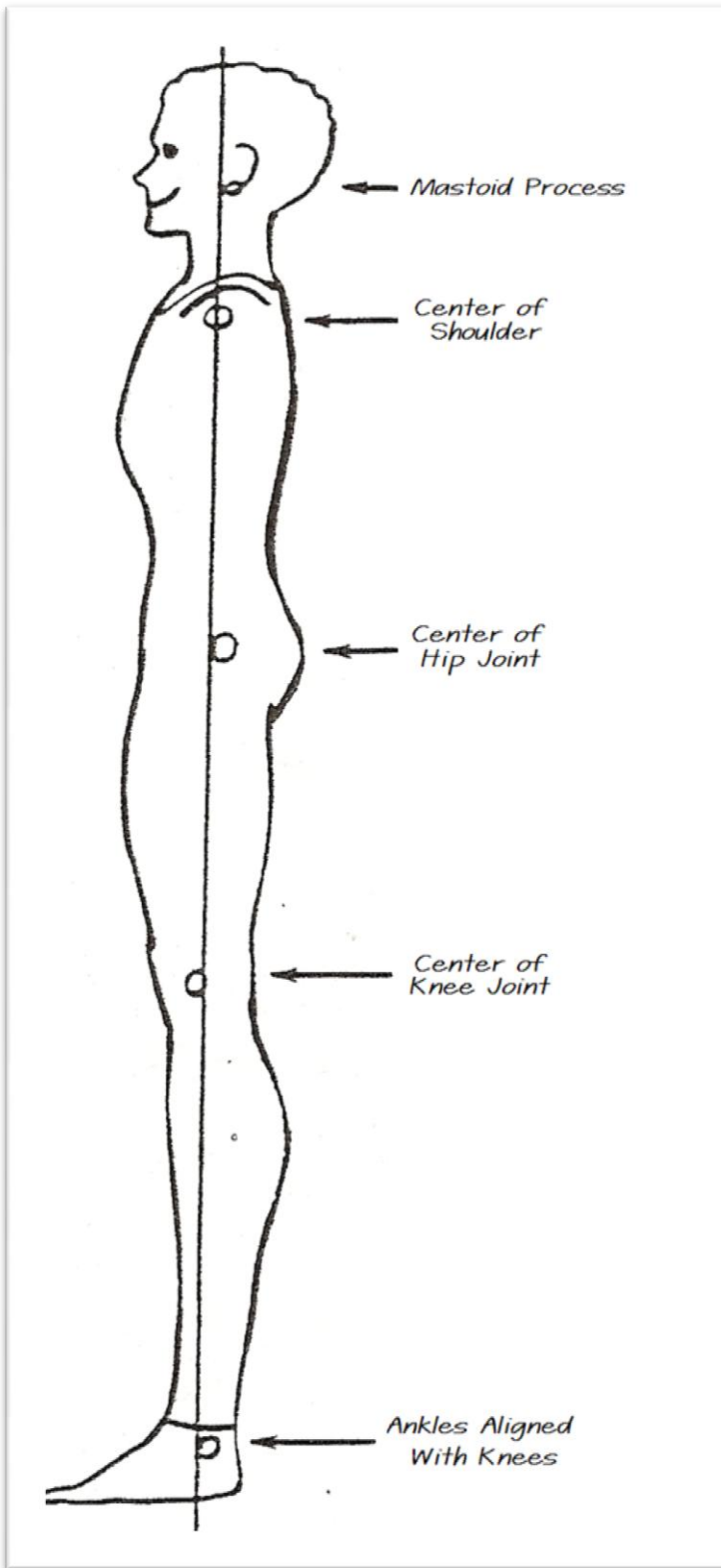


# Elements of Proper Ballet Alignment/Posture

1. Spine lengthened (all the way up behind the nose)
2. Chin and eyes level, not lowered
3. Shoulders down and relaxed and centered over the hips
4. Sternum lifted, but ribs not flared
5. Arms rounded and forward of the body, supported from the back
6. Abdominals lifted, not “sucked in”
7. Pelvis is neutral, neither tucked nor swayed
8. Legs turned out at hip sockets only as far as the rotation can be maintained without disturbing the rest of the alignment
9. Knee caps in line with toes, knees straight but not locked
10. Ankles are straight, no pronation or supination
11. Ankles in line with knees and the weight slightly forward on the balls of the feet.
12. Toes relaxed on floor—no gripping

CORRECT ALIGNMENT



INCORRECT ALIGNMENT

