

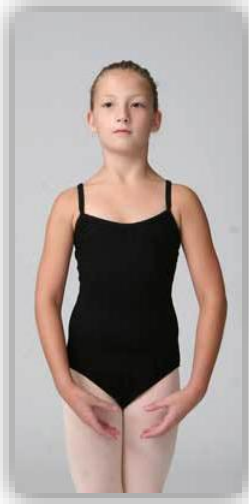
# The Five Positions of the Arms and Feet

There are five basic positions of the feet...

- \* Start in **first**. **Première** is the French word for first, but we just call 1st position “First”. The heels are comfortably together, with the toes comfortably turned-out.
- \* Then slowly slide one foot out to the side, apart from first where the heels are together until the feet are as wide as your shoulders. This is **second** position, **à la seconde**.
- \* Slide the heel of the right foot slowly back in toward the left foot. Keep sliding the heel of the right foot back in slowly until the heel is in line with the middle of the left foot that is not moving. This is **third**, **Troisième**. You may also practice this, and the next two positions, with the left foot in front of the right.
- \* **Fourth** position, or **Quatrième**, is like fifth, with the front foot out in front of the back foot. Be sure to keep the hips in line by turning out the front foot as far as possible first, then the back foot, and keeping your belly button facing forward.
- \* **Fifth**, **Cinquième**, is like third except that the front foot crosses completely over the toe joint of the of the back foot.

# The Five Positions of the Arms and Feet

**Preparatory Position (En Bas)**



**First Position (Première)**



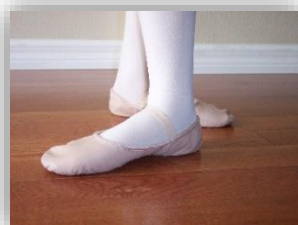
**Second Position (Seconde)**



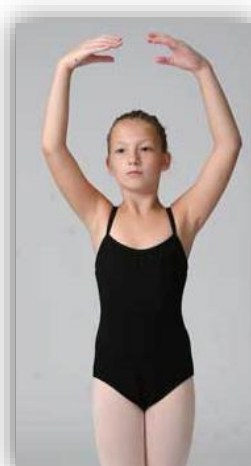
**Third Position (Troisième)**



**Fourth Position (Quatrième)**



**Fifth Position (Cinquième)**



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