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The Five Ballet positions

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The Five Dance Positions

There are five dance positions in ballet. The positions, are first, second, third, fourth, and fifth position. These are the basic steps that harder routines are based off of.

First position is the most basic position. To be in first position you start with your feet together, then you slowly move your toes out, so that only your heels are touching. Your feet are now in first position. The arms for first position are round to the front. They do not touch, but are close together. (The Five Basic Positions of Ballet)

Second position is very similar to first position and is also one of the easy positions. To be in second position you start with your feet together. Then you spread your toes so you are in first position. From there you spread your legs out so that your feet are still in a v shape. The arms are just like first position, but spread out to be even with the legs. (The Five Basic Positions of Ballet) (Ballet- Positions)

Third position is very rarely used and is one of the hardest positions to do. For third position you start in first position. From there you pull one foot up so that its heel is at the halfway point of the opposite foot. The arms for third position are round. One arm is in front of the dancers body the other is to the side, but still round. (Verlardi, BALLETCLASSROOM)

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Fourth position is very similar to third position and is equal third on a skill level.. For fourth position you start in third position. From third position, you pull the foot that is at the arch of the other forward, so that the feet are one foot apart from each other. Both feet are still turned out in opposite directions. The arms for fourth position have one arm rounded to the side. The other arm is rounded, but is straight up. (Verlardi, BALLETCLASSROOM) (Ballet-Positions)

Fifth position is very similar to third position. Fifth is a fairly easy position, but has some challenges. For fifth position you start in third position. From there you take toe foot that is at the halfway point of the other and move it forward barely, so that the heel of one foot is at the tip of the other foot. Both feet should be turned out in opposite directions. The arms for fifth are rounded over your head. (The Five Basic Positions of Ballet) (Johnson, Dance)

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**Works Cited**

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