

The Five Ballet Positions

First position

The dancer stands with the feet touching heel to heel in the shape of a very open "V". The feet are well rotated in turn-out and the knees are touching.



Second position

The dancer stands with the feet turned out as in the first position, but with the heels about 25 cm apart (about shoulder width).



Third position

The dancer's feet are positioned similarly to the fifth position, but with the heel of the front foot close to the arch of the back foot. There are two third positions, depending on which foot is in front.

Fourth position

The feet are placed similarly to the fifth position, keeping the heel of the front foot in line with the toe of the back foot (crossed or closed fourth position); there is about a foot distance between the two feet. There are two fourth positions, depending on which foot is in front. If the heel of the front foot is in line with the heel of the back foot, then the position is said to be an open fourth position



Fifth position

The back foot should be in a straight line pointing out and the front foot should be turned out like first position. The feet are turned out with the toes pointing outwards. The heel of one foot is placed close to the toe of the other foot, so that the legs, looked from the front, look like they are crossed. There are two fifth positions, depending on which foot is in front.



Sixth Position

Although not used very much, there is also a sixth position where the feet are beside each other and facing the same direction.

adapted from: http://en.wikipedia.org/wiki/Glossary_of_ballet

