

Dancing



# FUNDAMENTAL POSITIONS OF ARMS AND FEET

# FIRST POSITION

## ARMS

Both arms raised in a circle in front of chest with the finger tips.

## FEET

Heels close together, toes apart with an angle of about 45 degrees.





# SECOND POSITION

## ARMS

Both raised sideward with a graceful curve at shoulder level.

## FEET

Feet apart sideward of about a pace distance.





# THIRD POSITION

## ARMS

One arm raised in front as in 2nd position; other arm raised.

## FEET

Heel of one foot close to in-step of other foot.





# FOURTH POSITION

## ARMS

One arm raised in front as in 1st position; other arm raised.

## FEET

One foot in front of other foot of a pace distance.





# FIFTH POSITION

## ARMS

Both arms raised overhead.

## FEET

Heel of front foot close to big toe of rear foot.

