

POSITIONS OF THE ARMS

Pictures are of the basic positions for the arms. In your class you will learn many more, and will come to see how a subtle change in the use of your head, or the angle of your arm, can completely alter the spirit of the position.



Preparatory Position

Frame your well-centred body with a softly curved oval. Let the tops of your arms snuggle back in the shoulder sockets and bring your elbows slightly forward, in front of the side seams. Feel the energy that reaches across the gap between your fingers and connects each finger with its twin on the other hand.

First Position

Lift your preparatory oval in line with your navel, as if your oval were resting on a table. Keep the tops of your arms and your shoulders calm and relaxed. This position can be used as a gateway to other arm positions.
**not shown*



Second Position

Reach your arms out into a generous, open line that slopes slightly down from your shoulders. Keep your elbows buoyant and your arms gently curved, as if to include the entire audience in a welcoming embrace.

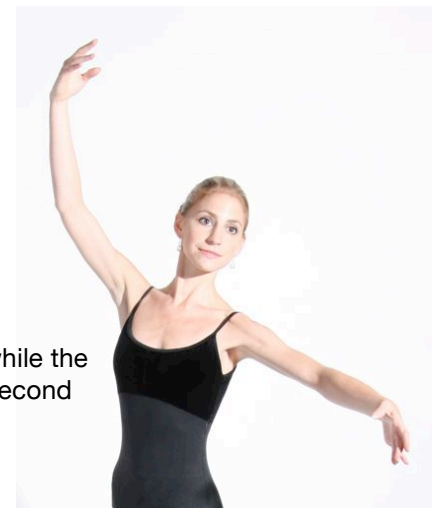


Third Position

One arm is placed in first position while the other is placed in second position.
**not shown*

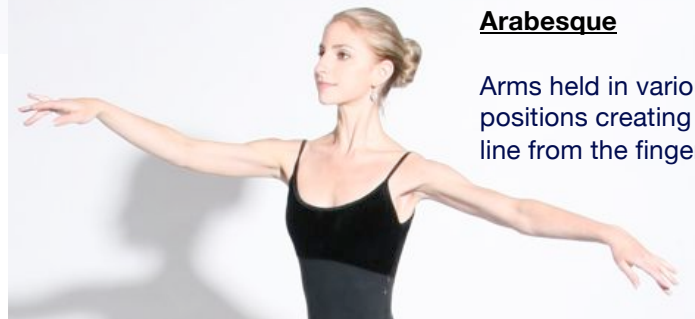
Fourth Position

One arm is placed in fifth position, while the other arm may be placed in first or second position.



Fifth Position

Lift your preparatory oval to frame your face. Once again, relax your shoulders as you lift from under your arms. Check that your third fingers softly follow the line of the oval, while your thumbs relax toward them to complement this line.



Arabesque

Arms held in various harmonious positions creating the longest possible line from the fingertips to the toes.

POSITIONS OF THE FEET

The position of the foot is determined by the rotation of the top of the thigh bone in the hip socket. Always turn out to your maximum, but never clench your feet or roll them forward. Keep an equal amount of weight on your little and big toe metatarsals (the balls of the feet). Remember that the rotation of your feet will increase as your turnout muscles strengthen.

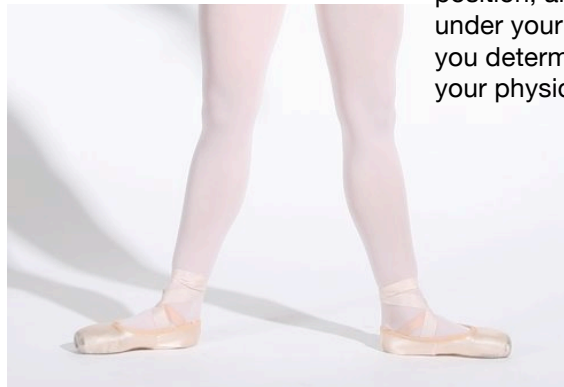


First Position

With your heels touching stand in your best turnout. Let your feet melt into the floor to give your dancing secure roots.

Second Position

Keep the turnout you established in first position, and stand with your heels aligned under your shoulders. Your teacher will help you determine the exact width that best suits your physique.



Third Position

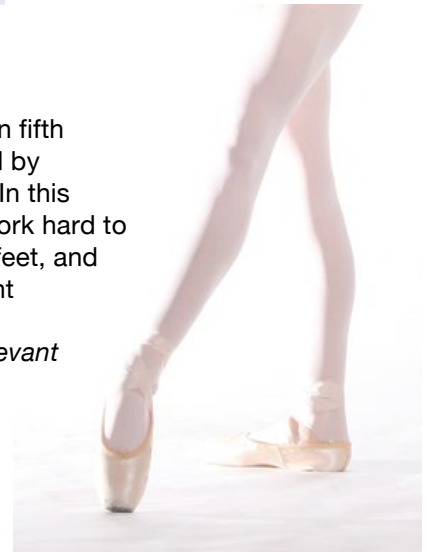
Cross one foot to the middle of the other. Check that your hips are centred equally over your feet, and not allowed to twist forward or back in sympathy with them. Similar to fifth position.
**not shown*



Fourth Position

Here your feet are crossed, as in fifth position, but they are separated by approximately one-foot length. In this advanced position, you must work hard to centre your hips between your feet, and equalize your turnout and weight placement.

**photo shows tendu to fourth devant*



Fifth Position

When you can stand correctly and work well from first position, your teacher will probably move your home base to third, and finally to fifth position. You may begin fifth with your front heel crossing to the big toe joint of your back foot, and then gradually increase this crossing action as your technique strengthens.