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## ..first position

Posted by palizm - 2008/09/20 08:04

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wat 's the meaning of "first positon" ?? .. mai roo jing jing

ps. pom mai chai dancer... :P

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## Re:..first position

Posted by jumai - 2008/09/23 23:41

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### Ballet Positions

The five basic ballet positions is the first step in your knowledge of the dance. These stances will be the foundation of all other knowledge you acquire

<http://dance.lovetoknow.com/images/Dance/thumb/6/68/Balletpos.jpg/300px-Balletpos.jpg>

### Ballet Positions

From Love To Know Dance Learning the five basic ballet positions is the first step in your knowledge of the dance. These stances will be the foundation of all other knowledge you acquire.

### What Are The Ballet Positions?

Commonly taught at ballet schools all over the world, ballet positions are a sort of universal language among dance students of all backgrounds. With corresponding arm and foot movements, the five positions prepare us for the more difficult and intricate steps of ballet. If you are able to master the basic positioning, it is believed to be easier to master more advanced steps with ideal technique and form.

### First Position

Our first visions of ballet may go to adorable preschoolers struggling to "turn out" their feet, full of wobbles and awe toward the craft. This is often first position, where the heels are touched together and the toes are turned out at an ideal 180 degree angle. While it may take years of practice to achieve a perfect turnout, most first time dancers learn a basic first position stance. A truly refined turnout comes from years of flexibility and rehearsal, and this must be polished for any dancer who is considering becoming a professional ballerina. The goal is for the knees in first position to be back to back, meaning the body must be perfectly aligned without appearing stiff or awkward.

In first position, the arms are curved with hands bent slightly toward the pelvis, with your elbows slightly bent. This helps to enhance your lines and add a feel of gracefulness.

### Second Position

When you are ready to move on to second position, you are already halfway there! Still using the 180 degree turnout, the feet are spaced out about 12 inches apart. The arms remain the same, but hands are more slightly outstretched. Your hands should be extended out past your knees, again causing perfect lines to be exemplified.

### Third Position

Still focusing on proper turnout, third position calls for the heel of the left foot to be placed in the arch of the right. With the foot positioned in the middle with straight knees, your right arm curves around, just as it would in first position, while the right arm is outstretched.

### Fourth Position

For fourth position, your right foot goes in "tondu" and slides outward so it is turned out at 180 degrees several inches in front of your left. Both feet should be turned out in opposing directions, with the right arm outstretched and the left curved upward into the air. Posture remains straight, as do the knees. Shoulders are relaxed and not hunched, as fourth position provides length and some of the most impressive lines in basic ballet.

### Fifth Position

With the opposing turnout remaining, fifth position calls for the feet to come together, turned out in the different directions, but touching against each other. Both arms are curved upward in the air, known as a "high fifth" position. Again, a perfected turnout in fifth position comes with time and experience in flexibility, and so does not straining your muscles into a taut form they are not ready for. Start out slowly and always consult your ballet teacher before pushing your body too far.

Many people think ballet positions to be quite simple, however when they are done correctly they can be quite a workout.

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You will often rehearse ballet positions both at the barre and in the center of the studio floor. Be sure to wear appropriate dance attire such as a leotard, tights and ballet slippers so your teacher is able to examine your alignment and properly critique you.

From Love To Know

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## Re:..first position

Posted by yellow - 2008/09/27 03:03

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