

The 5 Positions of the Feet



When ballet first began only boys were allowed to dance—but now it's for both boys and girls!

Let's learn ballet's five positions of the feet! Look at the following pictures of a professional dancer's feet (in the circles). The ballerina is standing “en pointe” or on the tips of her toes in her pointe shoes. When you begin ballet, you start with your feet flat on the ground. Look at the drawings to position your feet!

Get Ready! > Stand nice and tall. > Hands on



First Position

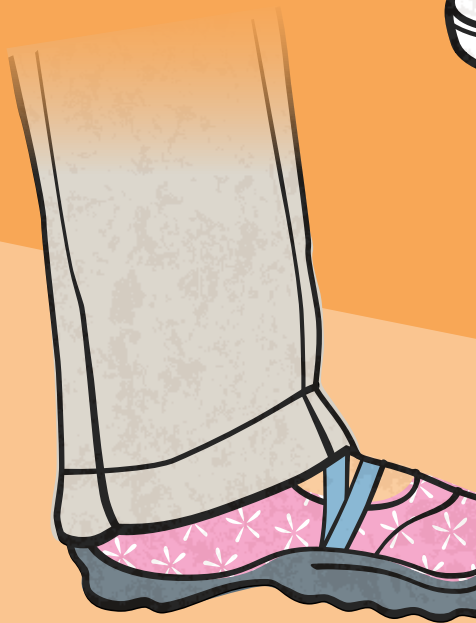
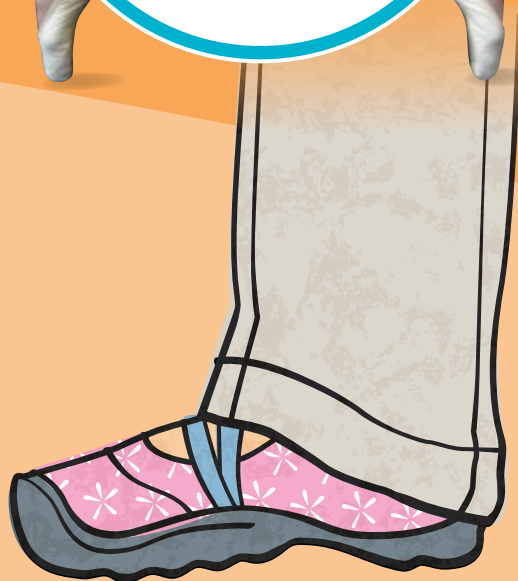
Keep the heels together and turn the toes out to the side, making a “V” with the feet. This is called “turn-out”.



your hips. > Straighten your knees. > Smile!

Second Position

Take a big step out to the side.





Third Position

Take the right foot and slide it halfway in front of the left foot while keeping the toes turned out.

Fourth Position

From third position, take a step out to the front. Many ballet turns or pirouettes start from fourth position.



Fifth Position

Bring the front foot back and cross it all the way over in front of the back foot—*toe to heel, toe to heel!*



Voila! These are the five positions of the feet!

Pay attention to the dancers' feet at a ballet performance to see these positions in action!