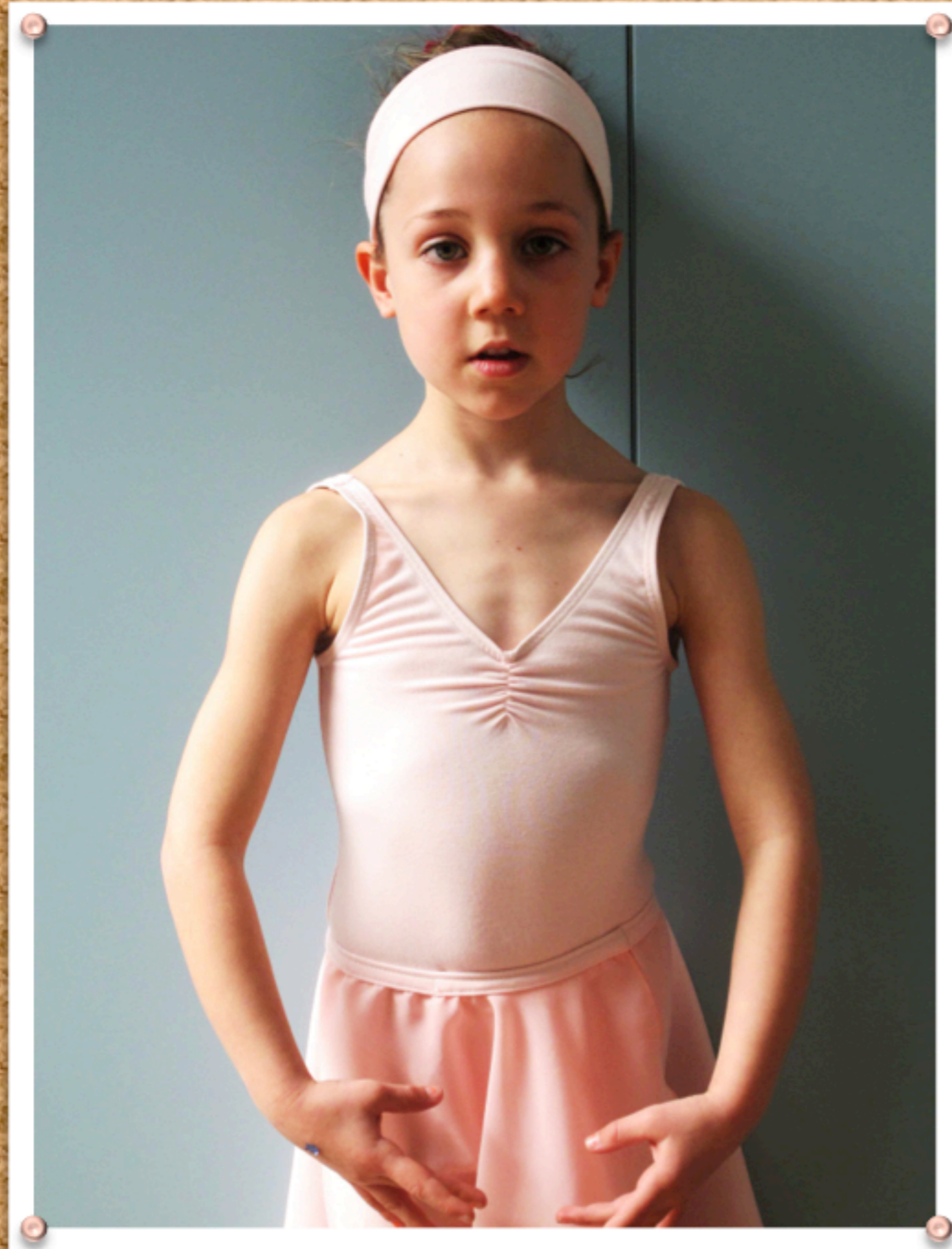


The ballet positions

Here's an Australian girl who loves ballet as much as Alice did!

Join her as she learns the five ballet positions. Putting your hair in a bun is a great way to start!

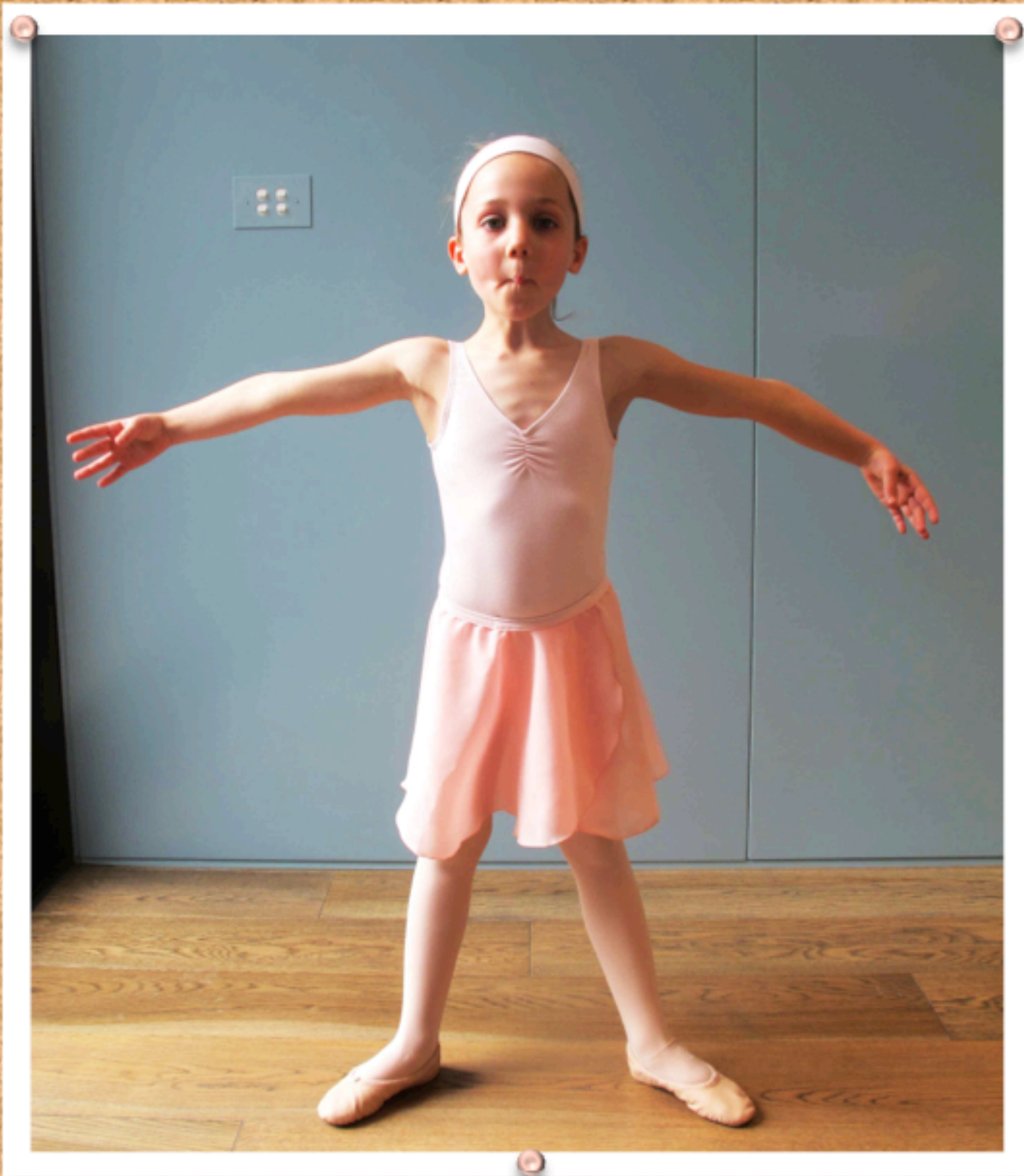


First position

Put your heels together and turn out your toes. Try to make your feet a straight line. (It will get easier as you practise more!)

Gently round your arms and hold them just in front of the top of your legs.





Second position

Keep your feet turned out with a gap of about 50 cm between them.

Your arms are open, just below shoulder height, with your thumbs forward and tucked in.



Third position

Turn your feet out. Then bring one foot forward and place your heel against the instep of your back foot.

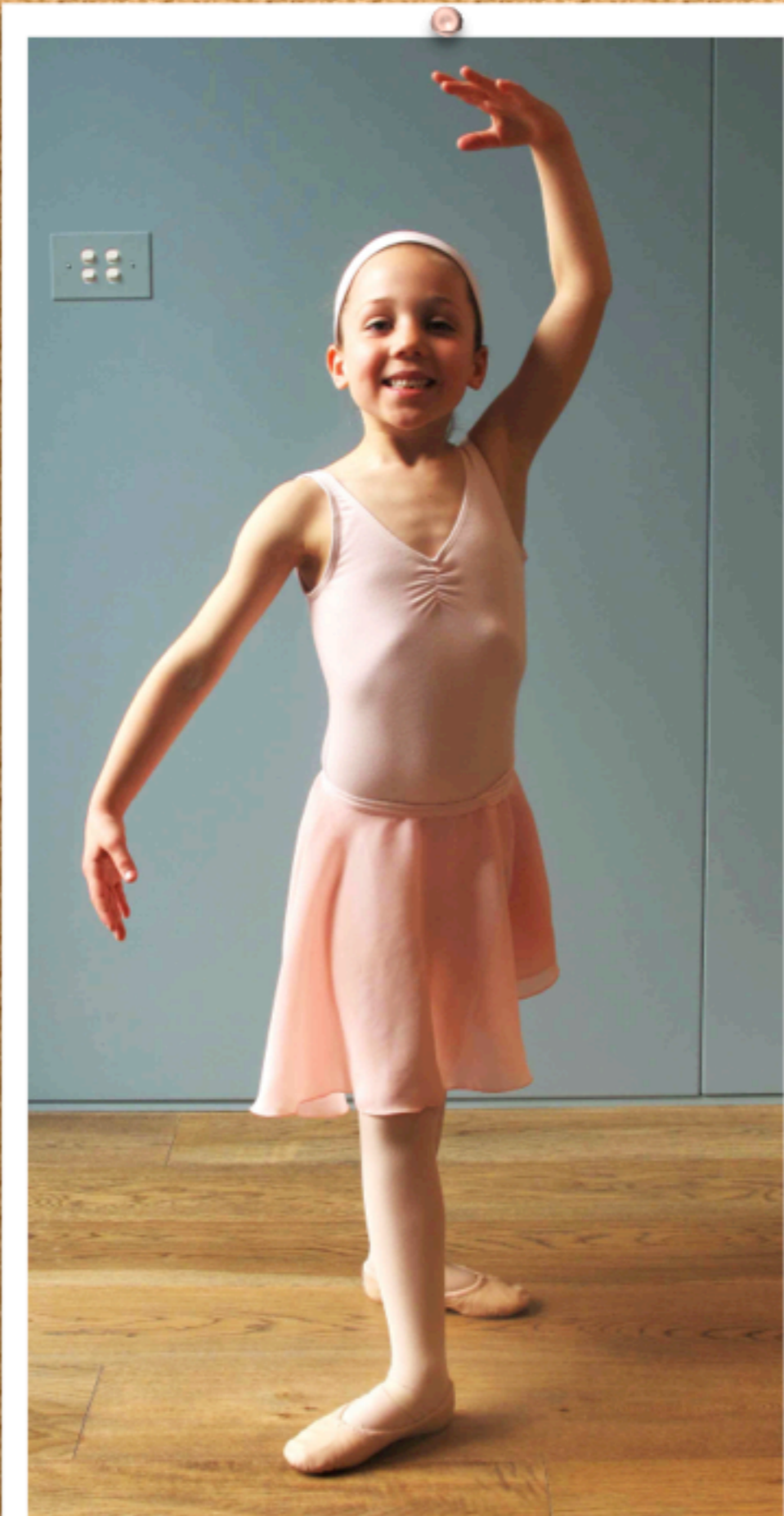
Open your arms at shoulder height. Curve the opposite arm to your front foot around so that your fingertips are in line with your bellybutton.



Fourth position

Put your feet in third position and then bring your front foot forward 25 cm. Make sure you keep that front foot turned out!

Curve the opposite arm to your front foot up over your head with your fingers pointing inwards. Hold the other arm out as if it is touching your tutu.





Fifth position

Turn your feet out and cross one in front of the other so that your back toe is just peeping out from behind your front heel.

Curve your arms up over your head with your fingertips turned in. Remember to keep your shoulders down and your neck nice and long!