

THE FIVE BASIC BALLET POSITIONS

ARMS AND FEET



1ST POSITION



2ND POSITION



3RD POSITION



4TH POSITION



5TH POSITION

MOVEMENTS

MAY BE PRACTICED IN EACH OF THE POSITIONS



demi plié
(from 1st-4th)
HALF SQUAT



grand plié
(from 1st-4th)
FULL SQUAT



relevé
(from 1st-4th)
RISÉ



retiré
(from 1st-4th)
RAISÉ



souté
(from 1st-4th)
RAISÉ



tendu
(from 1st-4th)
ÉTENDUE



coupé
(from 1st-4th)
COUPÉ



passé
(from 1st-4th)
PASSÉ



glissade
(from 1st-4th)
GLISSADE



piqué
(from 1st-4th)
PIQUÉ

Ballet Technique

Ensheng Dong



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