



# LEARN THE MOVES



In order to choreograph your recital, you'll need to learn some moves! The first five positions displayed below are the basics that every ballerina needs to master to become a graceful dancer. Instead of using a barre for balance, use a table or chair. Remember, practice makes perfect!

## First Position



Place heels next to each other and turn your feet out only as far as is comfortable.

## Second Position



Now move your feet apart from each other, keeping with the same position as in the first.

## Third Position



Place the heel of your right foot in front of the arch of your left foot. Your feet should be touching.

## Fourth Position



From third position, slide your front foot forward.

## Fifth Position



From fourth position, move the front foot back toward you so the heel touches the toes of your back foot.



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