Part 1: Positions and directions

Positions of arms
Positions of feet
Directions of limbs
Body facing
Directions of movement
Positions of the Arms

- Bras Bas
- Demi Seconde
- Demi Bras
- First position
- Second position
- Fifth position
- Third position
- Fourth position
Description of each position

In all positions, hands and wrists should be relaxed and natural, flowing along with the arm, with space between the fingers.

**Bras bas**
Translation: Arms Low
Pronunciation: brah bar

Arms create a circular shape and are kept low, almost touching thighs. There is a small distance (about an inch) between the middle fingers of the two hands.

It’s kind of like home base. You usually start and end from this position.

**First position**
Lift arms to about the height of your solar plexus. Palms face toward your face, elbows are kept out to the side, slightly higher than your wrists.

**Second position**
Open arms to the side, maintaining the circular shape. Arms are slightly forward from your body. Elbows are lower than shoulders, and wrists are lower than your elbows.

**Third position**
A combination of first and second positions, where one arm is in first and the other is in second.

**Fourth position**
A combination of second position and fifth position, where one arm is in second and the other is in fifth.

**Fifth position**
Similar to Bras Bas and First Position, but your arms are lifted above your head. Your arms are not directly over your head, but slightly forward.

**Demi seconde**
Translation: Half to the side
Pronunciation: demmee seh-kond

Arms form a low, curved diagonal, with palms facing toward the body.

**Demi bras**
Translation: Half arm
Pronunciation: demmee-brah

Arms point to the front corners of the room, below shoulder height, with palms face upward (as if in offering).
Description of each position

First Position
Heels together. Legs turned out in the hip joint so knees and toes face outward.

Second position
Similar to first position, except your feet are about hip distance apart.

Third position
Similar to first, except the heel of one foot is placed in front of the instep of the other foot.
Directions of Limbs

Devant
Translation: In front
Pronunciation: Dah-vonn
A step, movement, or placement of a limb is in front of the body.

À la seconde
Translation: In second position or to the side
Pronunciation: Ah la suh-kond
Indicates that a step should be done with the feet in second position or the step should be done ‘to the side’

Derrière
Translation: Behind
Pronunciation: Deh-ree-air
A step, movement, or placement of a limb is behind the body.

En croix
Translation: In the shape of a cross
Pronunciation: Onn cwha
The step is done to the front, side, back, and side.

Description of each direction
Description of each facing

**En face**
Translation: In front
Pronunciation: Onn fass

The dancer is facing directly towards the audience (or front of the room), with the feet in any position.

**Croisé**
Translation: Crossed
Pronunciation: Kwar-zay

When the dancer’s legs appear crossed from the audience. It describes the legs in a crossed position, like third, fourth, or fifth, facing the front corner (within an imaginary square around the dancer, rather than the corner of the room). The foot that is in front will be the one closest to the audience (or front of the room)
Direction of Movement

En avant (moving forward)

Translation: forwards
Pronunciation: Onn ah-vonn

The dancer executes a step moving forward

En arrière (moving backwards)

Translation: backwards
Pronunciation: Onn a-ree-air

The dancer executes a step moving backwards

De côté (moving sideways)

Translation: Sideways
Pronunciation: De koh-tay

The dancer executes a step to the side, either right or left.

Description of each direction
Self Assessment

Positions of the arms

<table>
<thead>
<tr>
<th>Name of position</th>
<th>Can you name it if you see it?</th>
<th>Can you demonstrate it?</th>
<th>Has your teacher confirmed you can show the correct shape &amp; positioning of arms</th>
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</thead>
<tbody>
<tr>
<td>Bras bas</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>First</td>
<td>☐</td>
<td>☐</td>
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</tr>
<tr>
<td>Second</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Third</td>
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<tr>
<td>Fourth</td>
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</tr>
<tr>
<td>Fifth</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Demi seconde</td>
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<td>☐</td>
<td>☐</td>
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<td>Demi bras</td>
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Positions of the feet

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<thead>
<tr>
<th>Name of position</th>
<th>Can you name it if you see it?</th>
<th>Can you demonstrate it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Second</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Third</td>
<td>☐</td>
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## Directions

<table>
<thead>
<tr>
<th>Name of position</th>
<th>Do you know what it means?</th>
<th>Can you demonstrate it?</th>
<th>Can you name it if you see it?</th>
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<tbody>
<tr>
<td><strong>Direction of limbs</strong></td>
<td></td>
<td></td>
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<tr>
<td>Devant</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Derriere</td>
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<td>À la seconde</td>
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<tr>
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<tr>
<td><strong>Body facing</strong></td>
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<tr>
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<tr>
<td>En face</td>
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<td><strong>Direction of movement</strong></td>
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<td>□</td>
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<tr>
<td>De côté</td>
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