

# Dancer

## Practitioner

1. First Position—heels touch, toes turned out toward a 180 degree angle (180 degree turnout), arms are curved in front of the body either towards the ground or horizontal to the ground with hands bent slightly toward the pelvis and with elbows slightly bent.
2. Second Position— 180 degree turnout but with feet spaced out and flat on the ground, arms are either in front of the body or extended to the left and right sides of the body, arms are slightly bent and knees are straight.
3. Third Position— maintaining proper turnout, the heel on the left foot is placed in front of the arch of the right foot (or vice versa), the arm that corresponds with foot in front comes in front of the body while the arm that corresponds with the back foot stays at the side as it may have been in the second position.
4. Fourth Position—the foot that was in front in third position makes a “tondu” and slides forward so that it is turned out at 180 degrees several inches in front of the standing foot, both feet are turned out in opposing directions, the arm corresponding with the front foot stays in front as in the third position, the arm corresponding with the standing leg is extended above the head, rounded, with palm facing the ground and thumbs tucked under.
5. Fifth Position— Keep the fourth position and then place one foot in front of the other with the heel of your front foot against the first joint of your other foot (at the big toe), lift arms overhead and move them in a soft circle shape.

For a more comprehensive list of dance-related terminology, please click on the link below:

<http://www.orthopt.org/downloads/PAGlossary.pdf>