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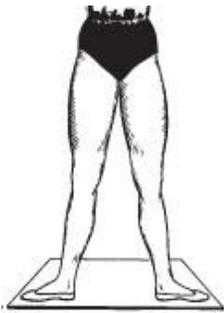
Basic foot Positions for ballet



first

FIRST POSITION: The balls of the feet are turned out completely. The heels touch each other and the feet face outward, trying to form a straight line.

SECOND POSITION (: The balls of both feet are turned out completely, with the heels separated by the length of one foot. Similar to first position, but the feet are spread apart.



second

THIRD POSITION: One foot is in front of the other with the front foot touching the middle of the back foot.

FOURTH POSITION (OPEN): The feet are placed in a way that is similar to third position, but one step apart. Unlike third position, in open fourth the heels align with each other.

FOURTH POSITION (CROSSED): The feet are placed in a way that is similar to open fourth position. However, in crossed fourth, the toes align with the opposite heel.



fourth
croisé
(crossed)



fifth



third



fourth
ouverte (open)