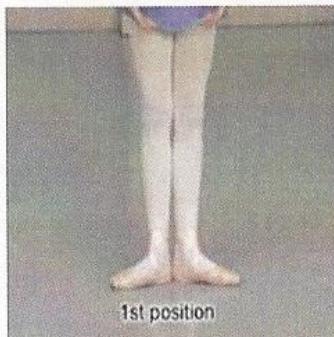


Five positions of the feet

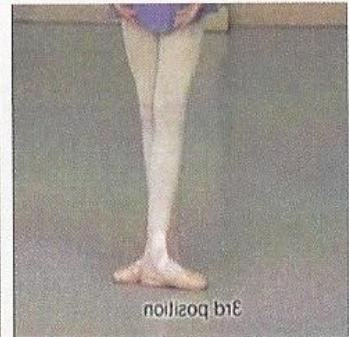
1st Position



2nd Position



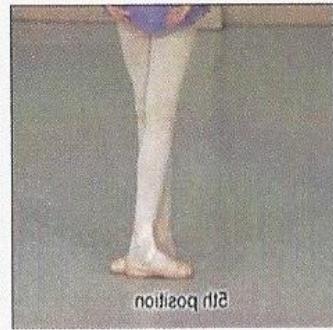
3rd Position



4th Position



5th Position



Five positions of the head

Erect



Inclined



Turned



Raised



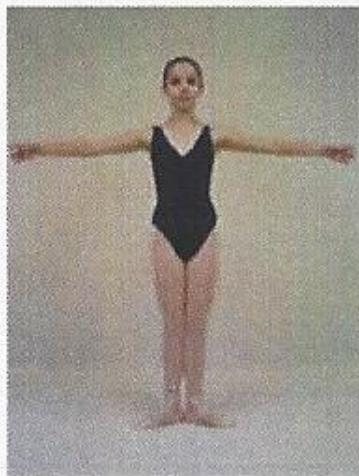
Lowered



Positions of the arms



1st



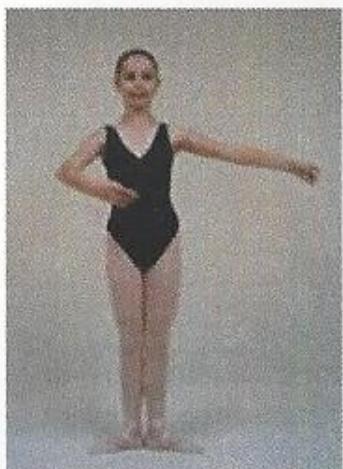
2nd



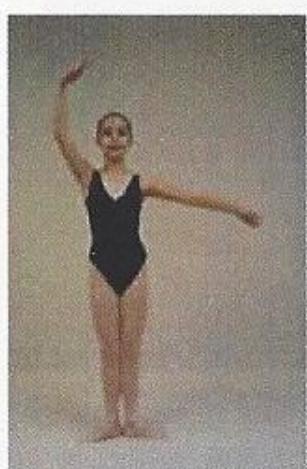
demi 2nd



3rd



4th en avant



4th en haut



5th en bas



5th en avant



5th en haut

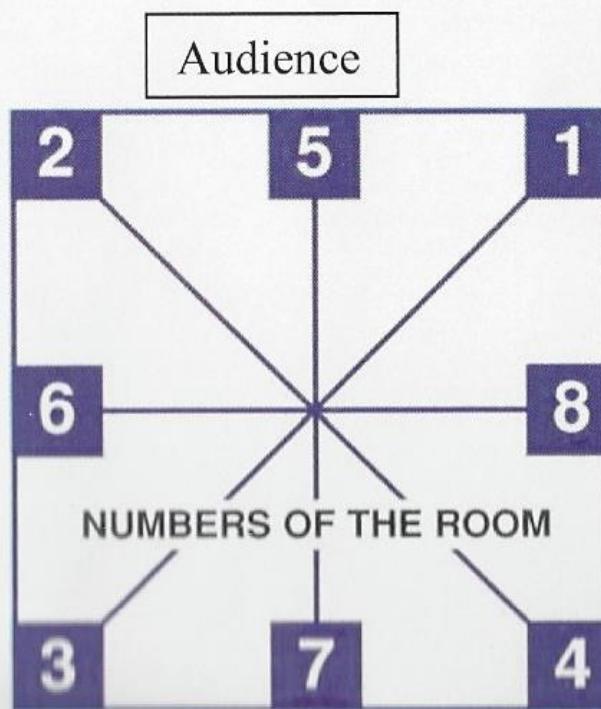
4. Seven movements in dancing

P.E.R.G.S.E.T

P 1, Plié	to bend
E 2, Étendre	to stretch
R 3, Relever	to rise
G 4, Glisser	to glide
S 5, Sauter	to jump
E 6, Élancer	to dart
T 7, Tourner	to turn

5. Use of the eight fixed points

This is used by the choreographer or the teacher to indicate to the dancer where they may begin, travel to or end a dance or enchaînements and to assist the dancer with body alignment.



Five arabesques



1st arabesque



2nd arabesque



3rd arabesque



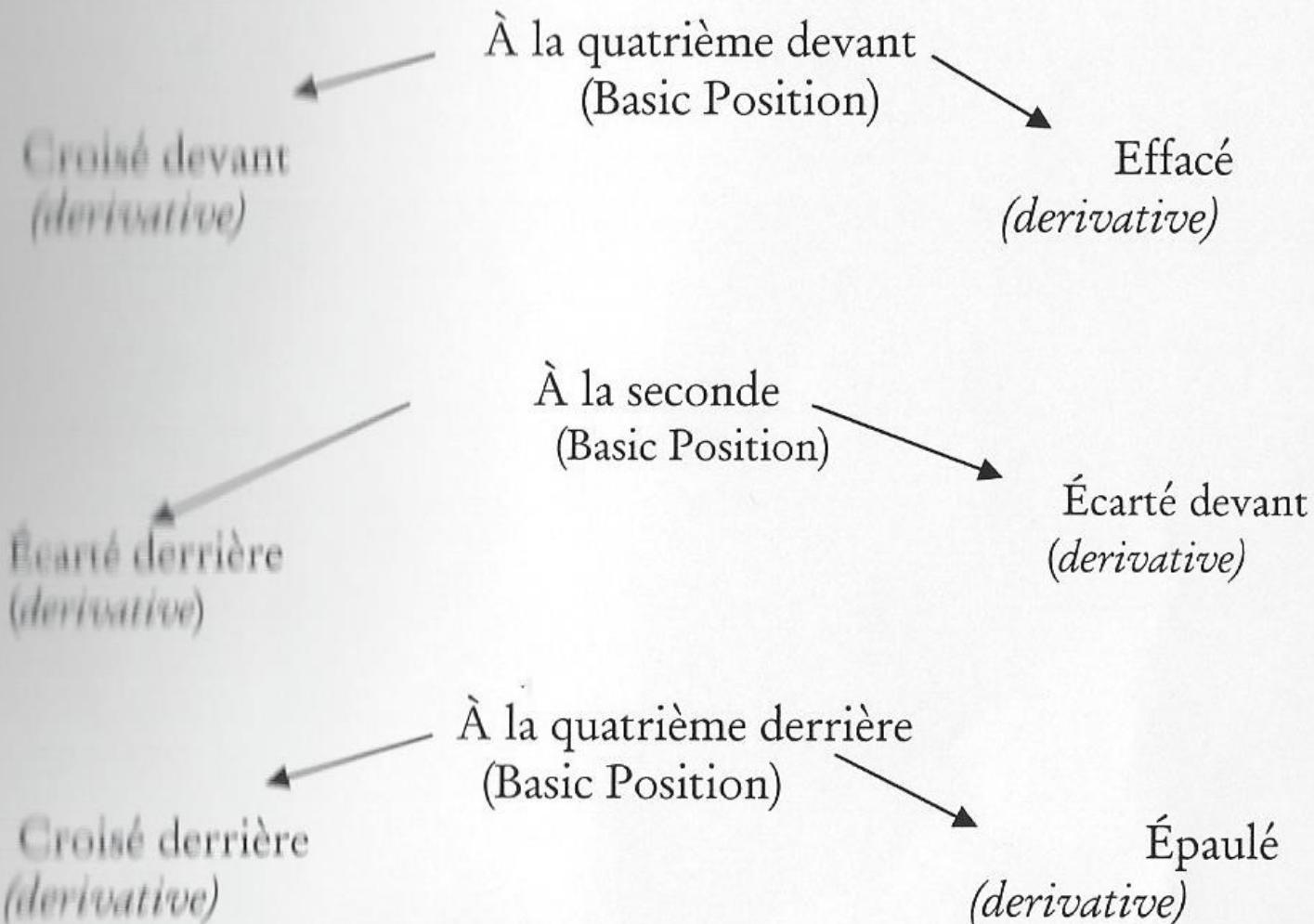
4th arabesque



5th arabesque

9. Eight directions of the body

Body Directions and Terminology



devant - in front

derrière - behind / back

en avant - forward

en dehors - outward

en arrière - backward

en dedans - inward