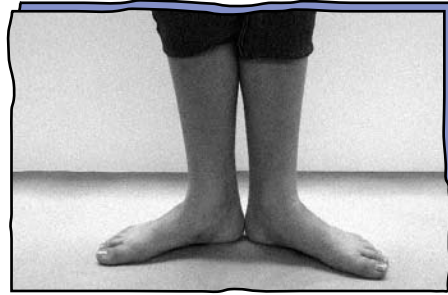


DANCE POSITIONS:

Exercise to develop a greater understanding of the sensory elements and standard processes of dance.



1 Positions can be performed in shoes or barefoot. Begin with feet parallel (toes facing front). Plié (bend knees) twice. Make sure knees go over the toes.



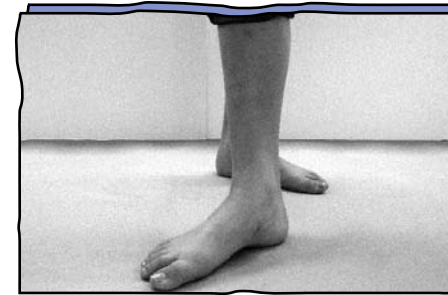
2 Slide right toes out (heels together) into 1st position. Plié twice.



3 Slide right foot out into 2nd position. Plié twice.



4 Slide right heel to inner arch of the left foot for 3rd position. Plié twice.



5 Slide right foot out 8" – 10" for 4th position. Plié twice.



6 Glide right heel to the toe tips of the left foot for 5th position. Plié twice.

7 Jump into parallel. Plié twice. Repeat with left foot.