

Dancing Diva

Impress your friends
by learning some
of the best ballet
moves around!



Plié

This is the exercise where you bend the knees slowly, with your feet turned out and your heels on the ground. It can also mean bending the knees before starting a jump or landing from a jump.

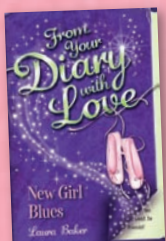


En pointe

This means to dance on the extreme tip of the toe. There are special shoes to allow you to do this!

Rond de jambe

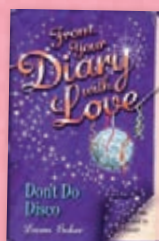
This is a circular movement of your leg, made either on the ground or in the air.



From Your Diary With Love: 1

New Girl Blues

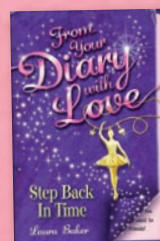
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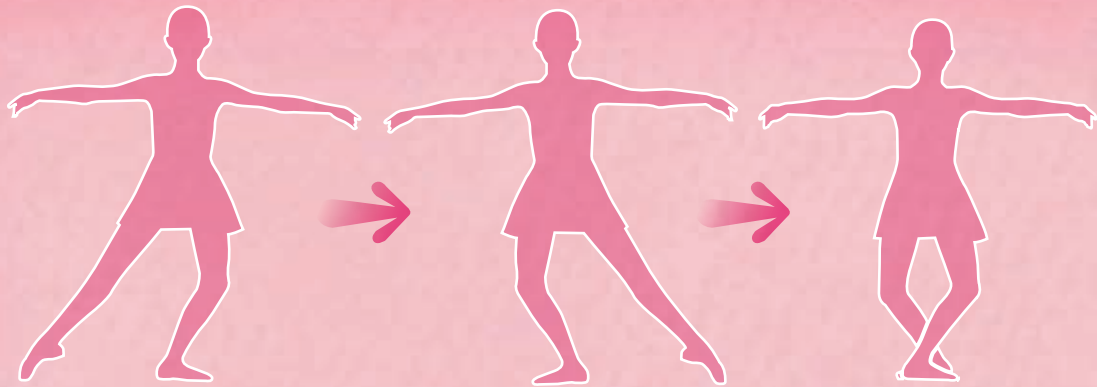
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Dancing Diva

Show everyone you're a ballet star with all the info on the coolest ballet positions!



Glissade

A sliding step, which you can do in any direction and is normally used as a joining step.

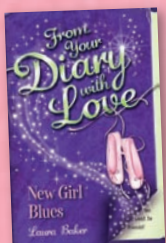


Jeté

A jump from one leg to another where the working leg looks like it's thrown forwards, backwards or sideways.

Arabesque

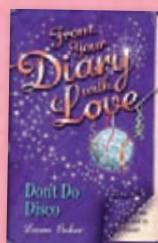
Your body is supported on one leg while the other leg is extended behind at 90 degrees. Your arms are also extended to give you the longest line possible from your fingertips to your toes.



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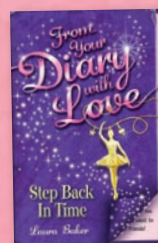
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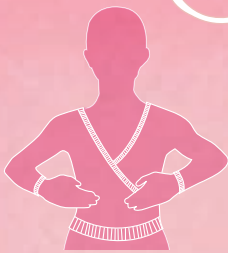
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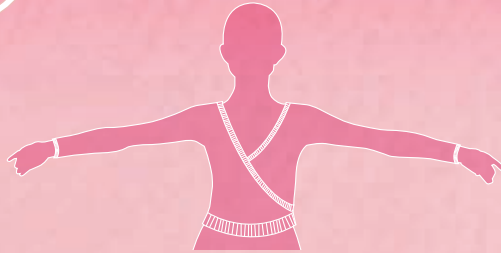
Dancing Diva

Be a ballet babe with our guide to all the classic ballet positions you need to know!



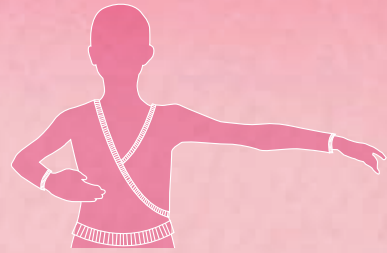
First Position

Your arms should be curved naturally straight out in front of you, with your hands very softly cupped.



Second Position

Move your arms so that they are held out to the side at right angles to your body, making sure that your elbows are gently curved.



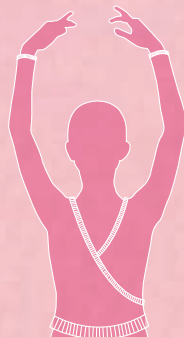
Third Position

Move one of your arms in front of your body, and leave the other as it is in second position.



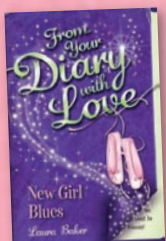
Fourth Position

Keep one arm the same as in second position and raise the other one up above your head.



Fifth Position

Put both arms above your head with your elbows gently curved and hands slightly apart.

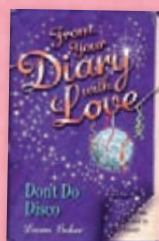


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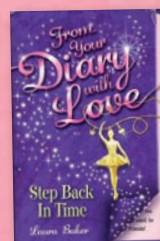


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