



**FEET POSITIONS**



1<sup>st</sup>



2<sup>nd</sup>



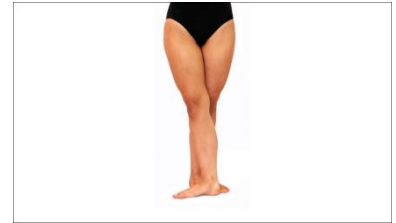
3<sup>rd</sup>



4<sup>th</sup>



4<sup>th</sup> crossed

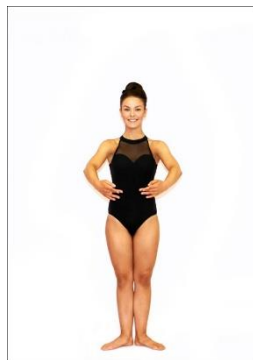


5<sup>th</sup>

**ARM POSITIONS**



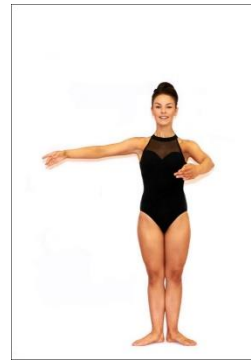
Preparation



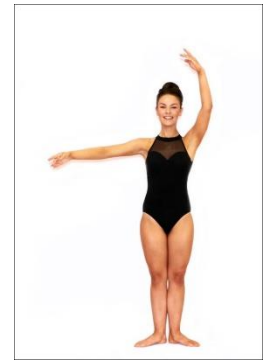
1<sup>st</sup>



2<sup>nd</sup>



3<sup>rd</sup>



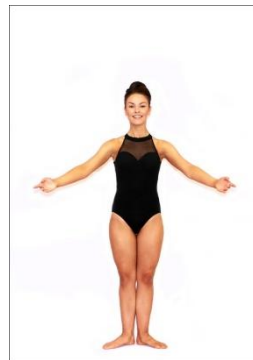
4<sup>th</sup>



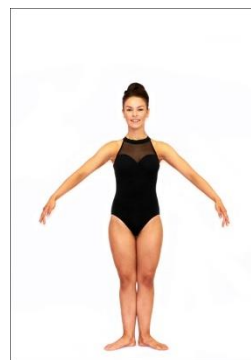
4<sup>th</sup> crossed



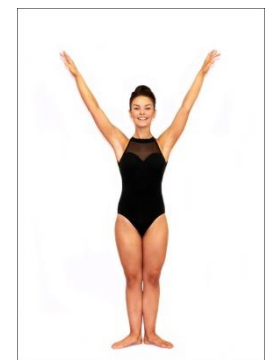
5<sup>th</sup>



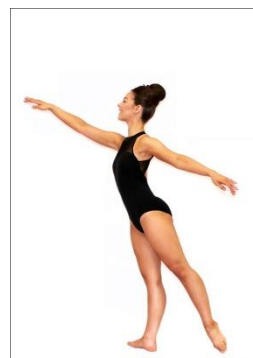
Demi-bras



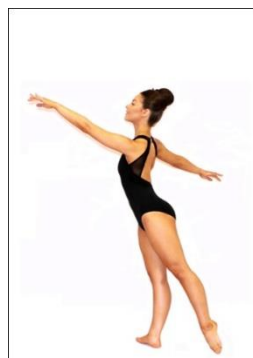
Low 2<sup>nd</sup>



High 2<sup>nd</sup>



1<sup>st</sup> arabesque  
Same arm & leg forward



2<sup>nd</sup> arabesque  
Opposite arm & leg forward

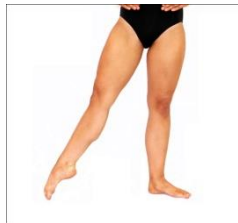


3<sup>rd</sup> arabesque

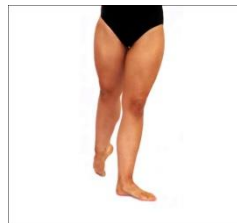
# Combined **ARM, LEG & HEAD** POSITIONS



Toe point devant



Toe point side (2<sup>nd</sup>)



Toe point derrière



**HEAD ALIGNMENTS**  
1/4 Turn | Forward tilt | Incline



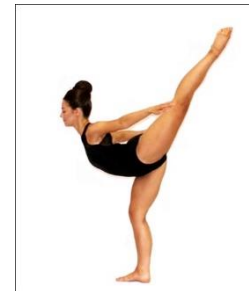
Low arabesque



Arabesque posé



Arabesque penché



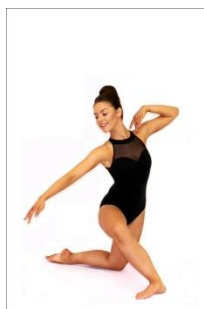
Fondu arabesque



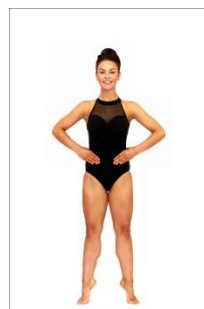
Classical pose



Curtsey



Classical kneel



Rise in 1<sup>st</sup>



Rise in 4<sup>th</sup>



5<sup>th</sup> demi-pointe



Sauté in 1<sup>st</sup>



Demi-plié 1<sup>st</sup>



Demi-plié 2<sup>nd</sup>



Grand plié 2<sup>nd</sup>



Attitude devant



Attitude derrière



**RETIRÉ ALIGNMENTS**

Devant | Side | Derrière



Low retiré (derrière)  
temp levé



Retiré  
derrière posé



Developpé to 2<sup>nd</sup>