



# Basic Ballet Positions



*First Position*



*Second Position*



*Third Position*



*Fourth Position*



*Fifth Position*

**First position:** The heels are together with the toes of each foot pointed out toward either side, with legs straight and turned out, following the position of the feet.

**Second position:** Legs are straight and the feet are turned out to each side like in first position, but the difference is that the heels do not touch and are instead about hip-width apart.

**Third position:** This position is rarely used, since it can be mistaken for a sloppy first or fifth position, BalletHub noted, but it is still important to learn. Begin in first position, and then slide the heel of one foot so it lines up with the middle of the other foot, keeping both feet pointing out in opposite directions.

**Fourth position:** Stand with one foot about a foot's length in front of your other foot. Each foot should be pointing in an opposite direction, and the toes of the back foot should line up with the heel of the front foot.

**Fifth position:** This position is the most difficult one. It's like fourth position, but there is no gap between your feet. The toes of each foot should be directly in front of the heel of the other foot, and make sure your legs are turned out and straight.