



"BUN" Facts!

Did you know there are different styles of ballet? Sometimes the terminology will differ from one style to another. At DAW we focus mainly on the Vagonava or "Russian" style. It's important to remember that if you take ballet classes somewhere else some steps may be called other things and some arm positions might be slightly different...and it's okay!

We are going to start practicing the positions of arms with feet.

1st position



Your heels should be touching with your toes turned out. Hold your arms in front of you in an oval shape.

2nd position



Now move your feet apart. Open your arms wide but don't stretch them back. They should be slightly rounded and slightly in front of you.

3rd position



Cross one foot in front of the other. Bring one arm curved in towards you and the other arm out to the side.

4th position



Put one foot in front of the other with a space between. Raise one arm curved above your head and the other out to the side.

5th position



Finally, have one foot exactly in front of the other but this time closed up together. Raise both arms up in a beautiful ballerina oval.