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From *Ballet For Dummies*. By Scott Speck, Evelyn Cisneros . Ballet is a beautiful and demanding art form, with positions and moves to memorize and, often, strained muscles to heal. From the five basic positions — from which all ballet moves emanate — to the (mostly French) language of ballet, there's lots to master.

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The Five Basic Ballet Positions. By Scott Speck, Evelyn Cisneros. Part of *Ballet For Dummies Cheat Sheet*. All ballet steps start from one of five positions, and these basic ballet positions involve your whole body — how you hold your arms is as important as what you do with your feet. The following figures show the five basic ballet positions along with variations on arm positions:

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### **Dance - dummies**

The fact is, many ballet dancers are rather shy about what they do. (You would be, too, if everyone mistook you for a snob.) But the ballet stance that inspires this misconception is a basic part of classical ballet technique, for men and women alike.

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The Ballet Hop! method was collectively developed by a multidisciplinary team of ballet teachers and kinesiologists. All our workouts incorporate includes movements that are inspired by ballet, different cardio segments, strength training, complete stretches and a big slice of fun!

## **Cours ballet Montréal | Ballet Hop! entraînements décomplexés**

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