

A New You: Health for Every Body

# Beautiful Body Ballet



## **Feet:**

The position of the foot is determined by the rotation of the top of the thigh bone in the hip socket. Keep an equal amount of weight on the balls of the feet to keep your feet from rolling forward. The rotation of your feet increases as turnout muscles strengthen.

### **1 - First Position**

With your heels touching stand in your best turnout, let your feet melt into the floor to give your dancing secure roots.

### **2 - Second Position**

Keep the turnout you established in first position. Separate heels so they are aligned under your shoulders.

## **Arms:**

With your feet in the first position, create a preparatory oval with your arms. Frame your well-centered body by letting the tops of your arms settle back in the shoulder sockets. Bring your elbows slightly forward and face palms up, nearly touching fingertips.

### **1 - First Position**

Lift your preparatory oval while keeping the tops of your arms and your shoulders calm and relaxed.

### **2 - Second Position**

Reach your arms out into a generous, open line that slopes slightly down from your shoulders. Keep your elbows loose and your arms gently curved, as if to include the entire audience in a welcoming embrace.

### **3 - Third Position**

Lift your preparatory oval to frame your face. Once again, relax your shoulders as you lift from under your arms. Check that your third fingers softly follow the line of the oval, while your thumbs relax toward them to complement this line.

## Demi-plié

The demi-plié is a basic movement of ballet. It is a half-knee bend that helps to warm up the muscles and promotes suppleness of the knees and ankles. It is done slowly and gently.

Maintain weight distribution evenly on feet and an upright back.

To protect the lower back, feel the abdominal muscles lifting as if closing a zipper.

Keep the knees aligned over the toes.

Don't bend the knees too sharply, aim for a steady, controlled movement as if a ball were being inflated between the knees.

## Practice

1 - Feet first position, arms first position - slowly and gently demi-plié.

2 - Feet first position, arms second position - slowly and gently demi-plié.

3 - Feet first position, arms third position - slowly and gently demi-plié.

4 - Feet second position, arms first position - slowly and gently demi-plié.

5 - Feet second position, arms second position - slowly and gently demi-plié.

6 - Feet second position, arms third position - slowly and gently demi-plié.

