

# Second Position

Face is alert and pleasant

Tilt chin up slightly

Neck reaches up,  
shoulders push down

Hold arms strong so no  
one can push them down

Arms fully extended,  
slightly rounded, elbows high

Wrists are strong,  
not limp or pinched

Hold stomach muscles tightly,  
but do not hold your breath

Pelvis is level, not tucked

Turn out from the  
hips with entire leg

Shoulders are  
level, blades  
do not pinch  
backwards

Knees are strong but not locked

Spine relaxed  
and alert, not stiff

Reach your little  
toe to the floor

Center your weight  
evenly on both feet  
Step out the width  
of your shoulders

Archies are up,  
not rolled forward

## SECOND POSITION

RELEVÉ

# Second Steps In Ballet

**Joacim Rocklöv**



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