# Lecond Position

Face is alert and pleasant

Neck reaches up, shoulders push down

Arms fully extended, slightly rounded, elbows high

Hold stomach muscles tightly, but do not hold your breath

Pelvis is level, not tucked

Tern out from the hips with entire log

Knees are strong but not locked

Reach your life toe to the floor

- Tilt chin up slightly

Hold arms strong so no one can push them down

Whists one strong, not limp or pinched



Shoulders are level, blades do not pinch backwards

1

Stand relaxed and plest, not still

Center your weight evenly on both feet

Step out the width of your shoulders

> Arches are up, not rolled forward

SECOND POSITION

RELEV:

# **Second Steps In Ballet**

**R Barnett** 

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