

Glossary

Directions

R - right

L - left

DS - downstage

US - upstage

DSR - downstage right

DSL - downstage left

USR - upstage right

USL - upstage left

SR - stage right

SL - stage left

Positions

Upper body

1st position: Lift and curve the arms in front of the torso at waist level as if holding onto a large ball – maintain a small gap in between the fingertips, keep the arms supported from the back and shoulders down

2nd position: Extend the arms to the sides of the torso at shoulder level allowing a small curve in the elbows – arms are supported from the back; fingers reach to the sides and shoulders are down

3rd position: Form half of a 1st position and half of a 2nd position – one arm is curved in front of the torso at waist level and one is extended out to the side

4th position: Form half of a 2nd position and half of a 5th position – one arm is curved and lifted above the head and one is extended out to the side

5th position: Lift the arms above the head with elbows slightly curved as if framing the head – maintain a small gap in between the fingertips, keep the shoulders down and the neck relaxed

*In 1st and 5th position, there is an invisible connection from the fingertips of one hand to the other. The space between the hands will vary slightly from individual to individual

Lower body

Externally rotated positions should engage the muscles responsible for external rotation without forcing knees, hips and ankle joints. Rotation should start internally in the hip socket and travel down through the legs. The knees should remain in line with the middle toe and dancers should use the connection with the floor to drop their weight and ground their bodies, as if creating roots.

1st position: Externally rotate the legs from the hip sockets so that the toes face outwards and the heels remain together, or as close together as the lower legs allow whilst the legs are straight.

2nd position: Externally rotate the legs so that the toes face outwards and create a large gap between the heels – the heels should be aligned so one is not further forward or back than the other. Parallel 2nd is as described but with parallel legs and feet

3rd position: Externally rotate the legs so that the toes face outwards and cross one foot in front so that the heel lines up midway up the back foot – the feet are connected

4th position: Externally rotate the legs so that the toes face outwards and place one foot in front of the other so that the front heel is approximately lined up with the midway point of the back foot. Create a gap between the feet larger than the length of one foot. The weight should be equally distributed between both legs. Parallel 4th is as described but with parallel legs and feet – one foot in front of the other with feet placed approximately at hip width

5th position: As 3rd position but with the front heel crossed further up towards the big toe of the back foot