

my  
*Bayside Dance*  
*Ballet*  
guide book

By Kaitlin Hague

Illustrations by  
Megan Crocombe



# Welcome

to our ballet book!

This book will demonstrate some of the positions and beginner steps that we use in our ballet classes. Along with beautiful illustrations, we've also included some pronunciations - as ballet steps are all in French!

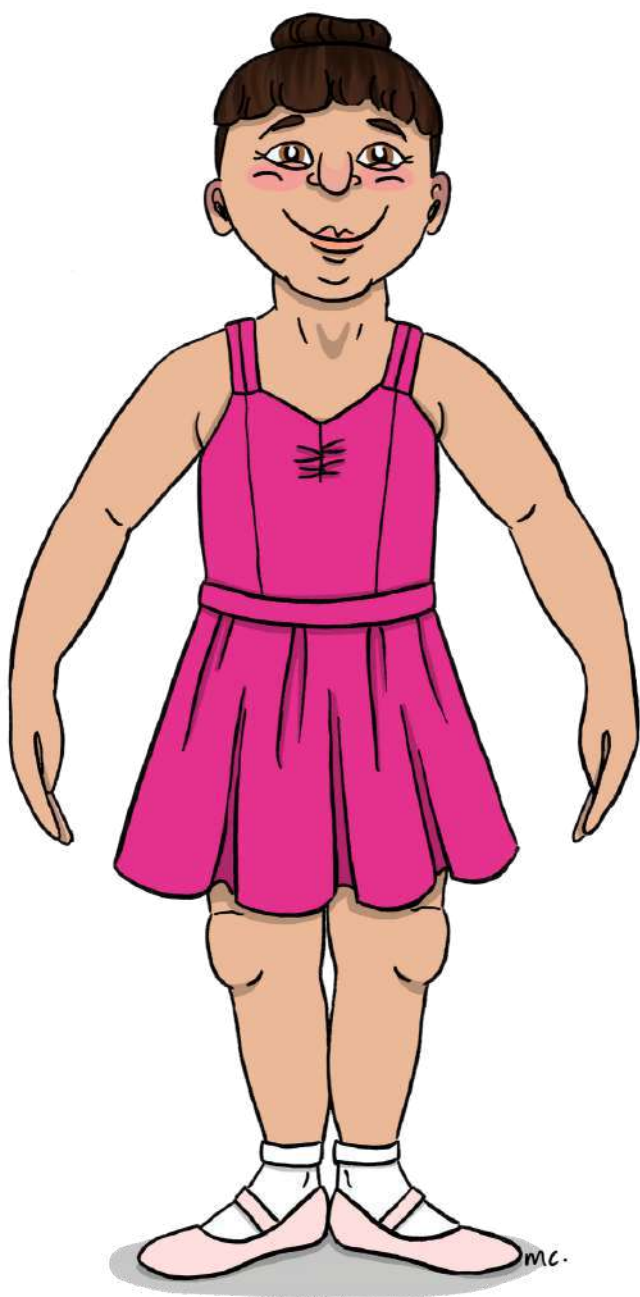
Enjoy practising at home and we'll see you in class soon!

Miss Kaitlin  
Director, Bayside Dance



# Positions of the Feet

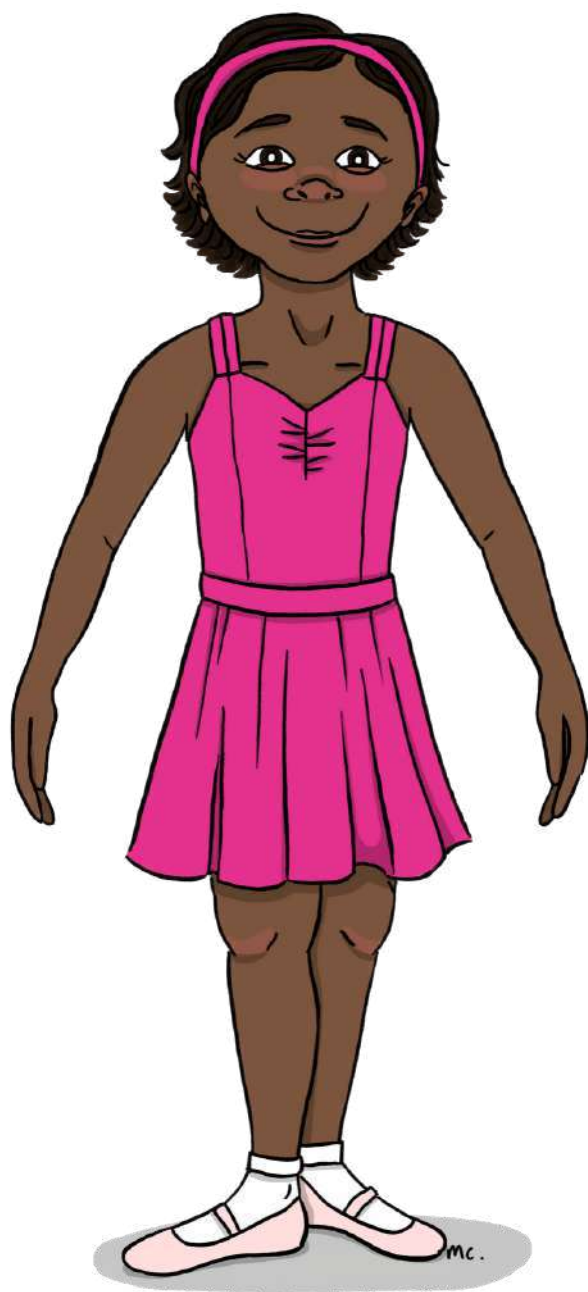




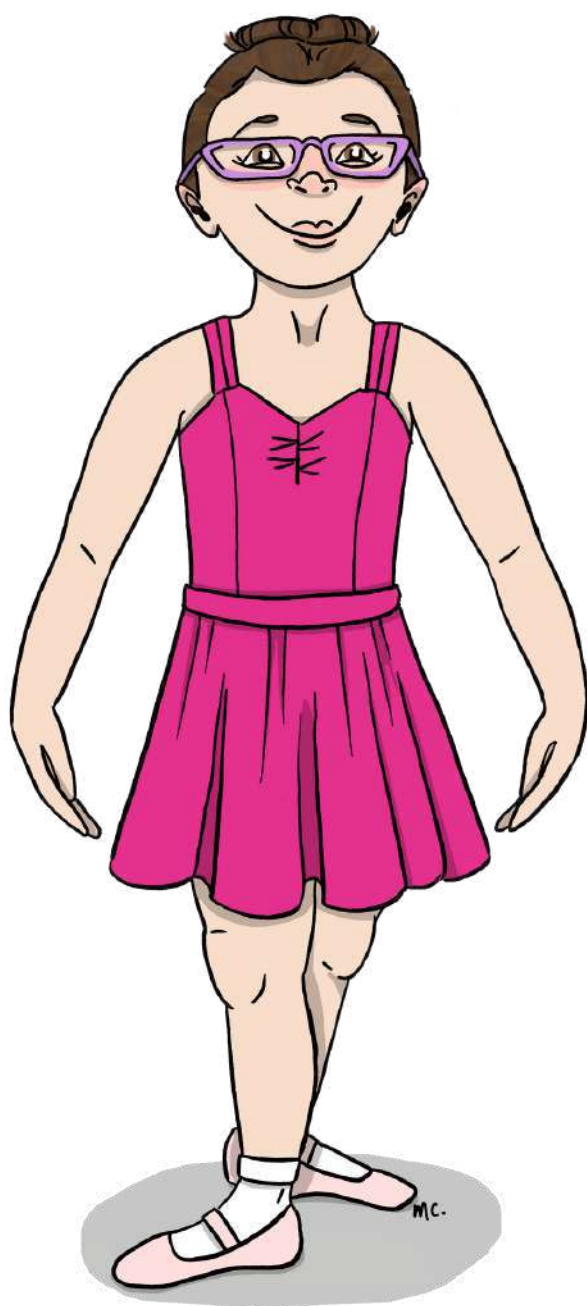
first position



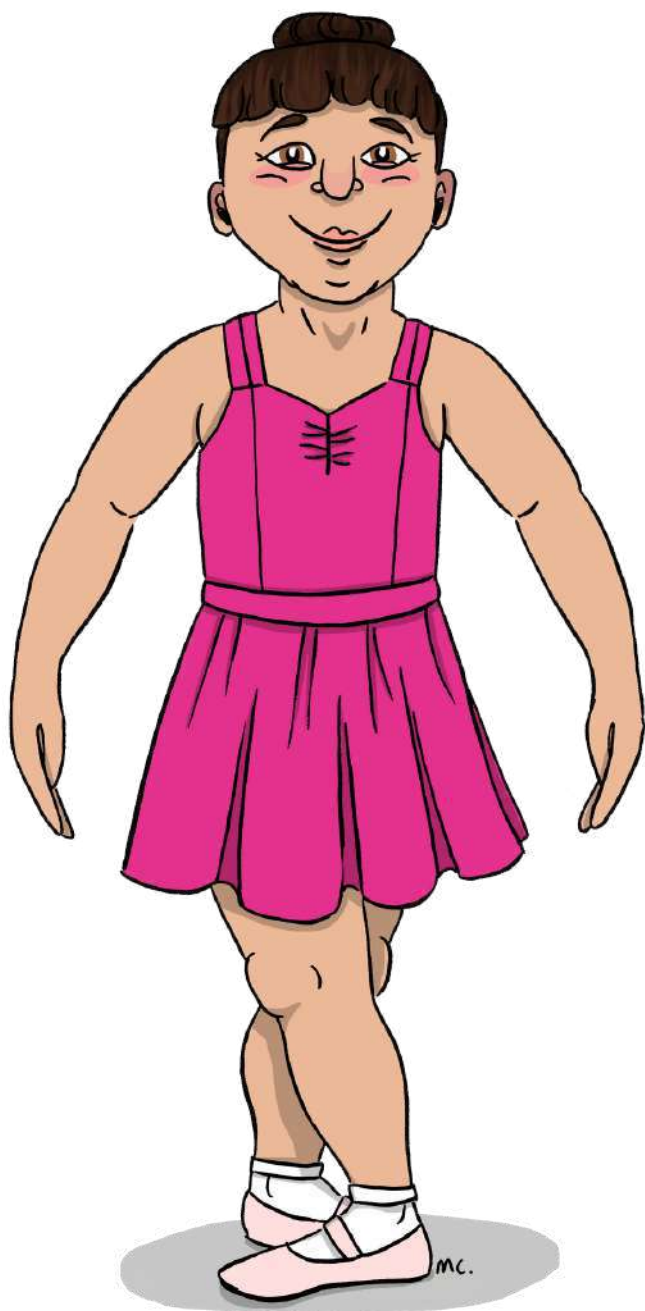
second position



third position



fourth position

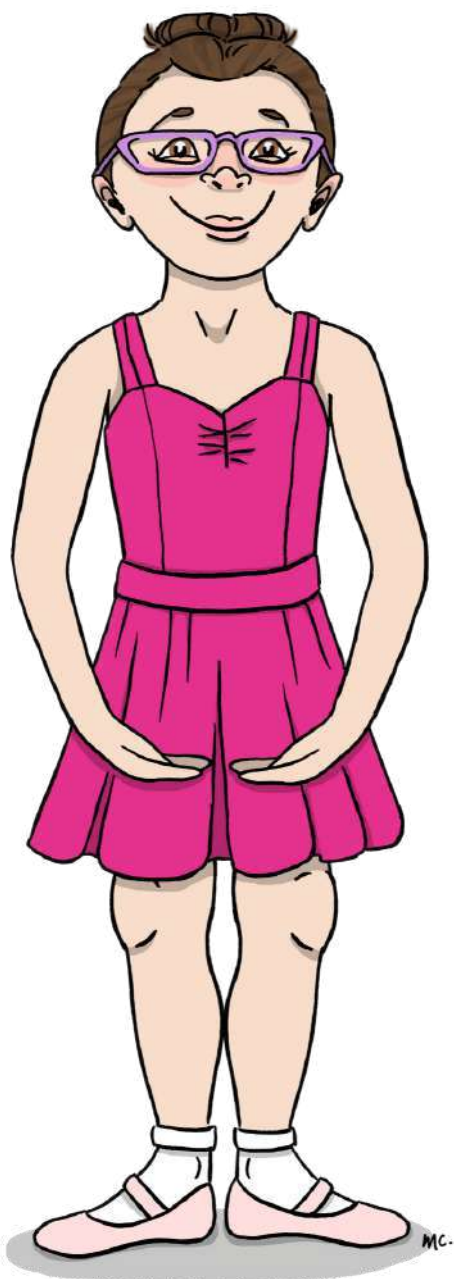


fifth position

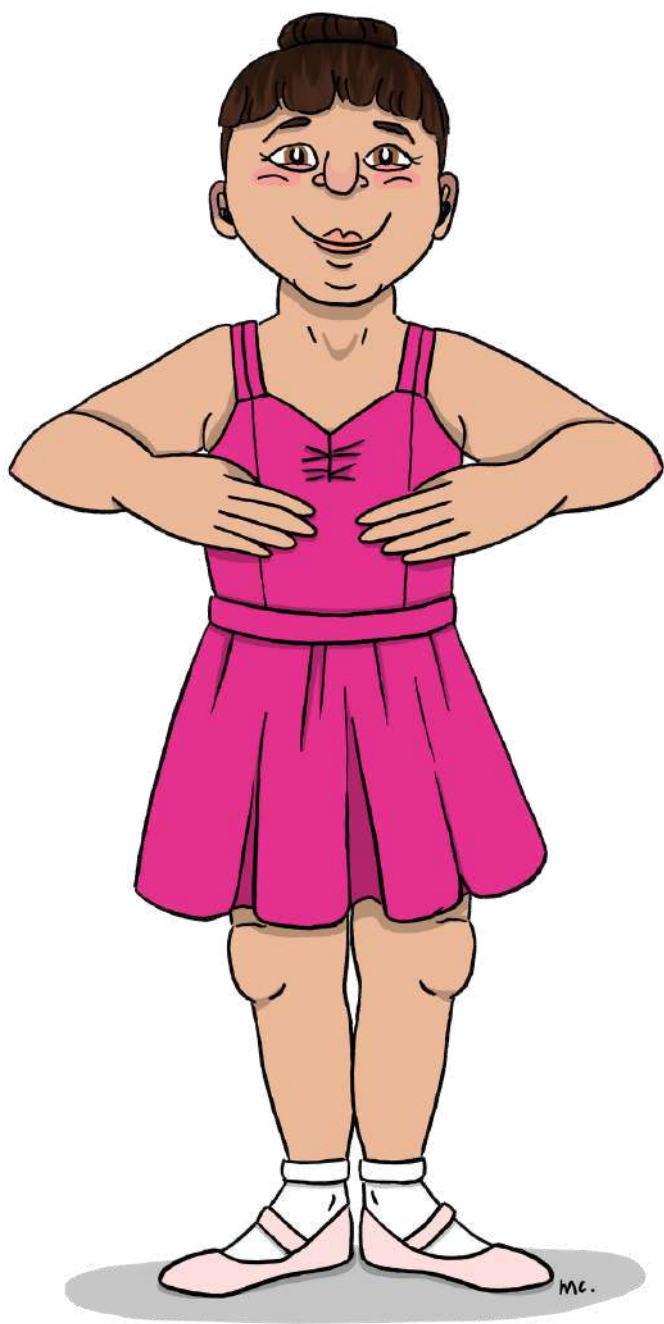


# Positions of the Arms





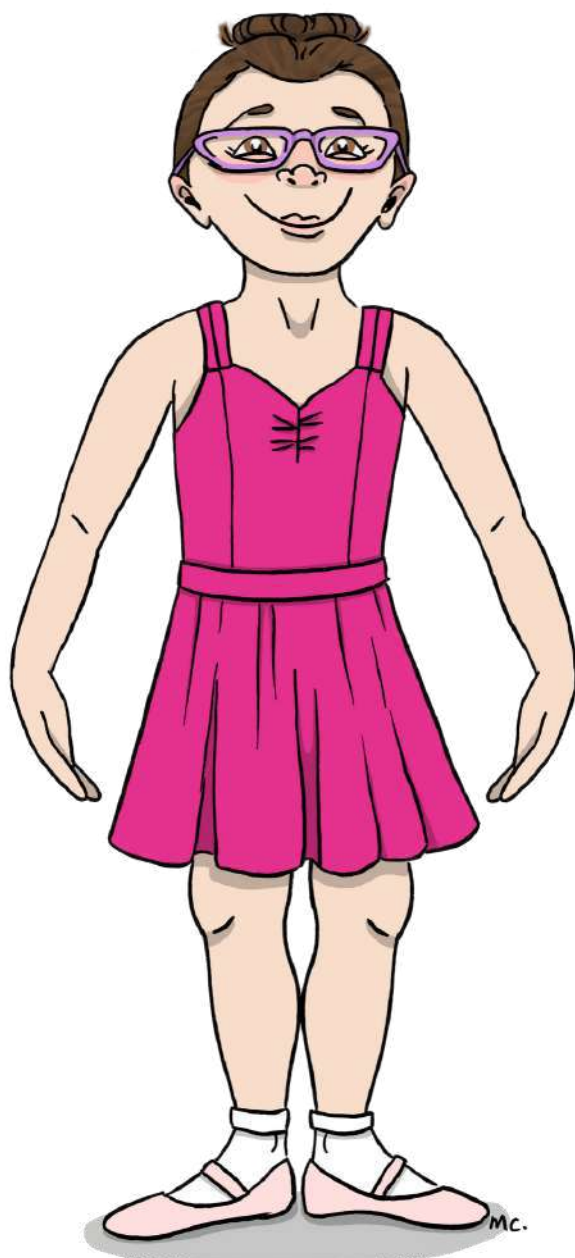
bras bas



first



second



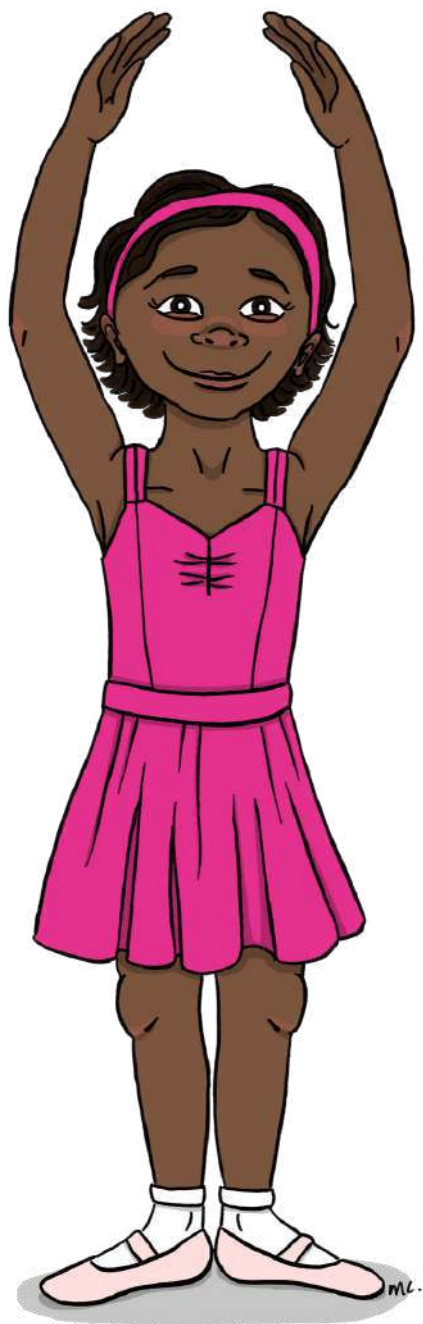
demi second



third



fourth



fifth

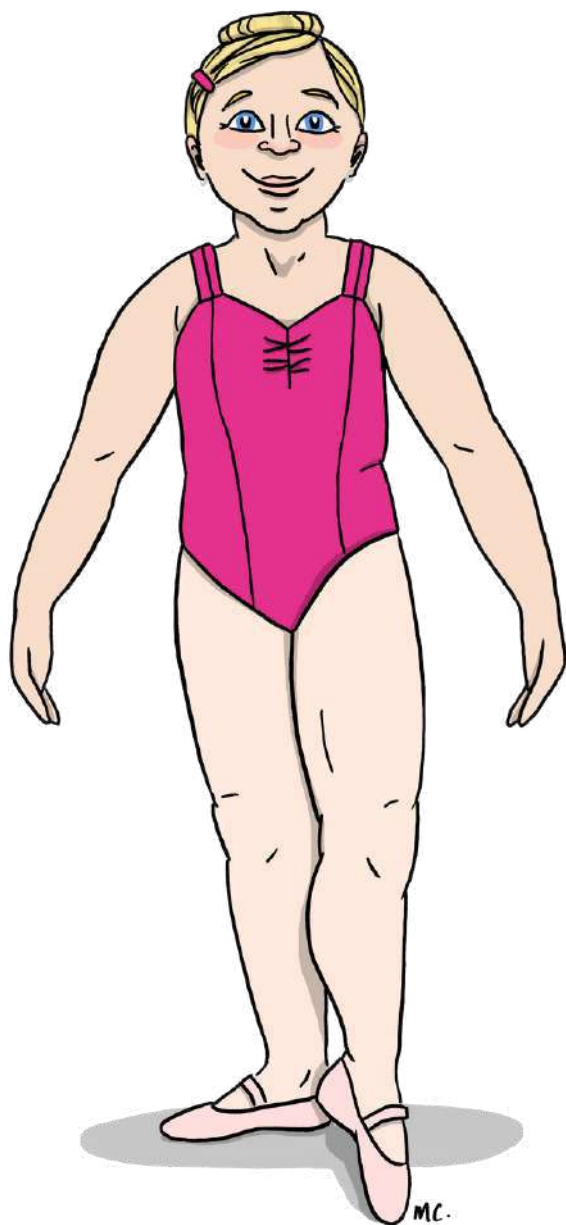


Some  
ballet steps





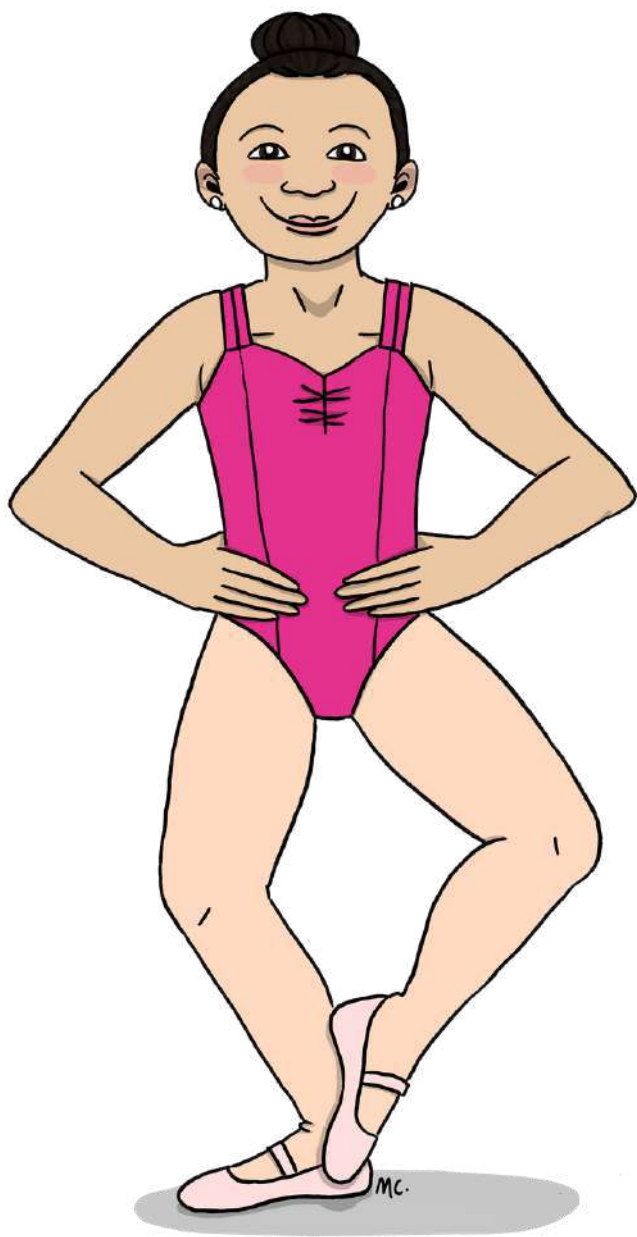
demi plié  
(demee plee-ay)



tendu  
(ton-doo)



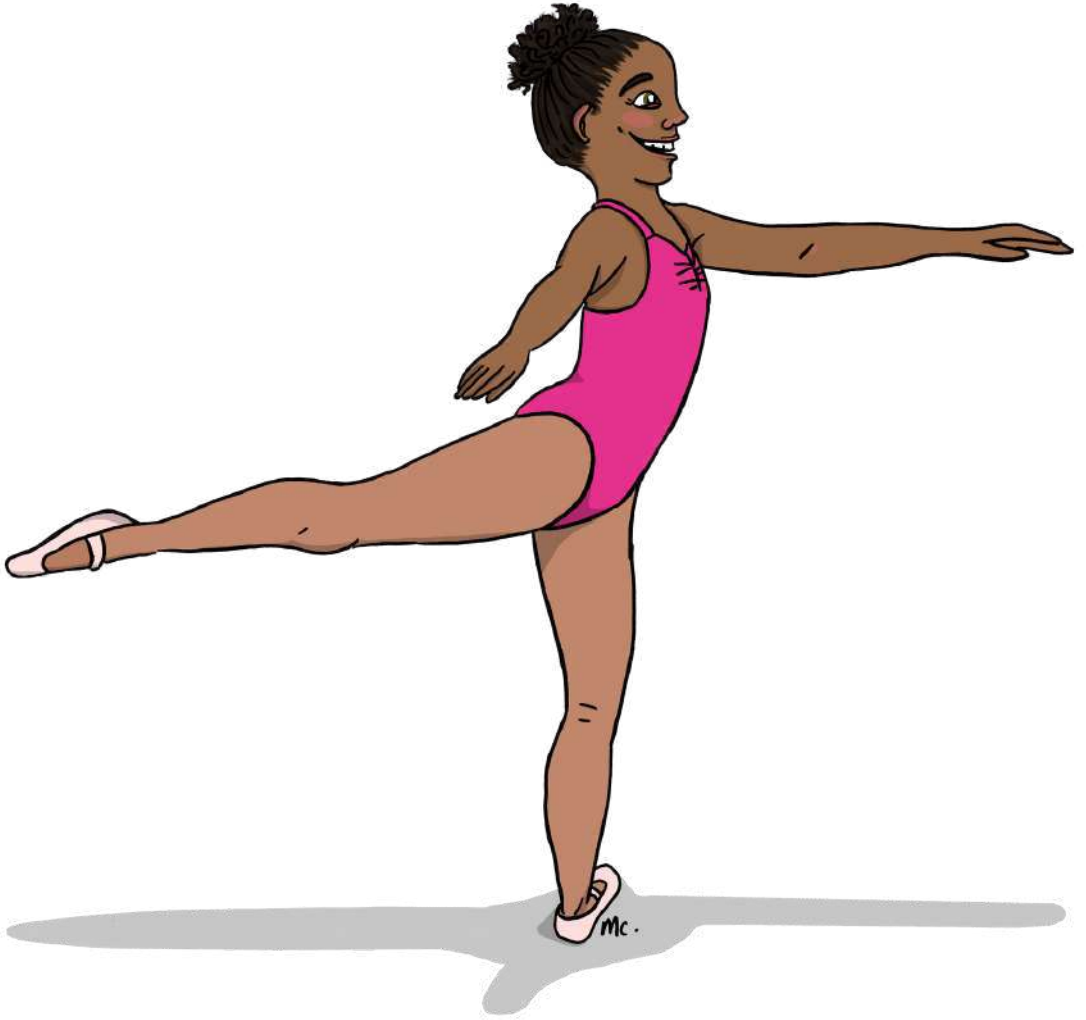
sauté  
(soh-tay)



fondue  
(fon-doo)



grand jeté  
(grond je-tay)



arabesque  
(a-ra-besk)

# Ballet Terms

**devant:** front

**derrière:** back

**à la seconde:** to the side

**en dedans:** move inward

**en dehors:** move outward

**en face:** facing the front





# Starting ballet?

This handy guide book will help you begin your ballet journey at Bayside Dance! Learn the basic steps and terms to help you make the most of your ballet classes.



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