

FOOT POSITIONS FOR DANCERS (Needed for NTA Accreditation)

The example movements provided below are just to name a few that could be used for each foot position. Weight should be shifted to one foot (center over weighted base) in order to initiate movement.

First: Feet together (heels don't have to touch but should be close together) with toes just slightly turned out. Used in together steps, closing steps or for "home" or starting position.

Locked First: One foot crossed tightly over the other (first position). Used for step-lock steps or to start a Jazz Triangle.

Second: Feet about hip/shoulder width apart. Used in side steps as in to start grapevines or side-together steps, etc.

Locked Second: One foot crossed loosely with some space in between (second position). Used to start a Jazz Square or Twist Turns.

Third: ***Balanced Position*** Instep to heel with back foot turned out. Used in triple steps, rock steps and to execute turns in its extended position, etc.

Extended Third: ***Balanced Position*** The opening up or slight extension of Third position (instep to heel). Used to initiate turns or to do triple steps, etc. Also used in preps and finishes for spins and turns, etc.

Fourth: One foot forward or backward of the other – (Walking steps)

Fifth: ***Balanced Position*** Toe to heel with back foot more turned out. Used in rock steps, break steps, cross behind steps and to execute turns in its open position, etc. Uses slight rotation of the body when doing cross behinds or cross in fronts.

Extended Fifth: ***Balanced Position*** The opening up or slight extension of Fifth position (toe to heel). Used to execute turns, etc. Also used in preps and finishes for spins and turns, etc.

Note: There are other Jazz type foot positions using turn in or out which are not addressed in this study guide.