



Body and energy directed up towards the ceiling

Head level, eyeline slightly raised

Shoulders: level and pressed down,
shoulder blades connected to the back

Neck: not tilted forwards or strained

Underarms lifted, position held but not rigid

Open chest

Pelvis straight, hips down, tail under

Core muscles engaged

Knee actively pressed out from the hip,
heel of foot pressed forwards

Passé leg draws immediately up the supporting leg and locks
into place in the passé position. Toe lightly connected to knee.

High relevé, turned out leg, no rolling

Be A Ballerina

Mark Steyvers



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