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In classical ballet, there are five basic positions of both the feet

and arms. First, we'll take a look at the five basic ballet

positions of the feet. The five basic positions are usually one of

the first things taught in a beginner's ballet class but are

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essential to the technique of classical ballet as practically every step begins and ends in one of the five basic positions.

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Library movements are typically done after warmup and closer toward the last part of class to avoid injury and to maximize a dancers range while warmed up basic ballet the steps

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There are multiple steps referred to as the "movements in
dance." There are three movements that ballet/dance beginners
learn. First learn to pronounce the terminology given below,
learn the definition, and then attempt to do the movement
described. plie (plee-ay): to bend.

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