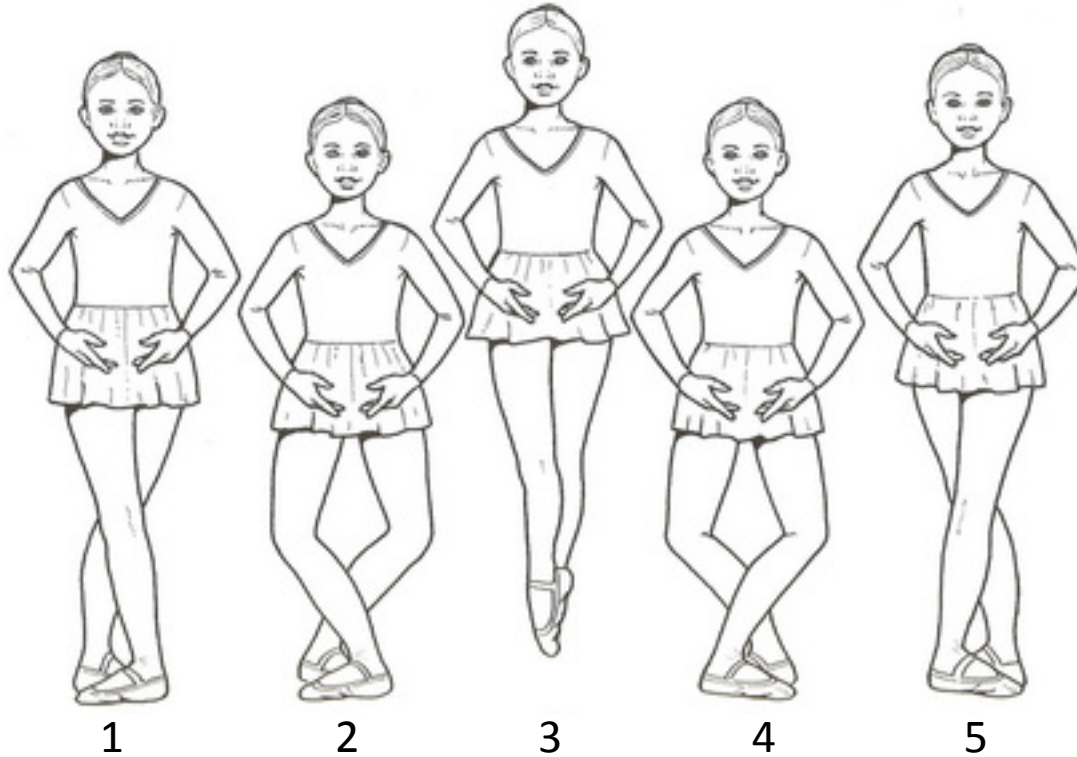


Performing Arts Centre

Ballet Rocks at PAC!



Changement de pieds

Changing of the feet

- 1) Stand in 5th position; younger dancers begin in 3rd position.
- 2) Demi Plié or half-bend.
- 3) Push away from the floor, jumping into the air to stretch both legs with heels crossed.
- 4) Change feet just in time to land in Demi Plié.
- 5) Stretch legs to stand.