



NORTH POINTE BALLET

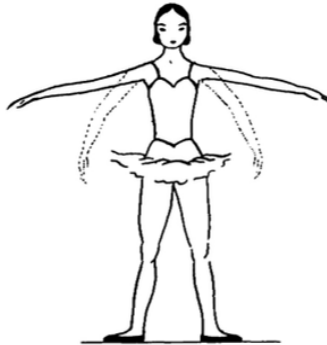
Port de Bras

[pawr duh brah]

Carriage of the arms. A movement or series of movements made by passing the arm or arms through various positions. The passage of the arms from one position to another constitutes a port de bras. In the execution of port de bras the arms should move from the shoulder and not from the elbow and the movement should be smooth and flowing. The arms should be softly rounded so that the points of the elbows are imperceptible and the hands must be simple, graceful, and never flowery.



*First position of the arms
(and feet).*



*Second position of the arms (and feet).
The dotted lines show the
demi-seconde position of the arms.*



*Fourth position en haut of the arms
(with the feet in the fourth position
croisée).*



*Fifth position en bas of the arms
(with the feet in the fifth position).*



*Third position of the arms
(and feet).*



*Fourth position en avant of the arms
(with the feet in the fourth position
croisée).*



*Fifth position en avant of the arms
(with the feet in the fifth position).*



*Fifth position en haut of the arms
(with the feet in the fifth position).*

POSITIONS DES BRAS: CECCHETTI METHOD