

## HIGHLAND DANCE POSITIONS OF THE FEET

- 1<sup>ST</sup> STAND ON THE FLATS OF THE FEET WITH HEELS TOGETHER AND FEET TURNED OUT AT RIGHT ANGLES. YOU MAY ALSO BE POISED ON THE BALLS OF BOTH FEET.
- 2<sup>ND</sup> STAND WITH ONE FOOT IN FIRST AND THE OTHER LEG EXTENDED OUT DIRECTLY TO THE SIDE WITH TOE POINTED (IN LINE WITH THE HEEL OF THE SUPPORTING FOOT). MAY BE PLACED ON THE GROUND OR RAISED TO THE REQUIRED LEVEL.
- 3<sup>RD</sup> STAND WITH ONE FOOT IN FIRST AND THE WORKING FOOT POINTED AND PLACED ON THE TOE BESIDE THE ARCH OF THE SUPPORTING FOOT. THE WORKING LEG IS BENT AND KNEE PRESSED WELL BACK.
- 4<sup>TH</sup> STAND WITH ONE FOOT IN FIRST AND THE WORKING LEG EXTENDED DIRECTLY FORWARD AND PLACED ON THE TOE. MAY BE PLACED ON THE GROUND OR RAISED TO THE REQUIRED LEVEL.
- 5<sup>TH</sup> THIS POSITION IS THE SAME AS THIRD EXCEPT THE WORKING FOOT IS PLACED UP AT THE TOP OF THE SUPPORTING FOOT BESIDE THE BIG TOE.

IN ALL POSITIONS, A GOOD TURN OUT SHOULD BE MAINTAINED BY THE WORKING FOOT. IN 2<sup>ND</sup> AND 4<sup>TH</sup>, THE WORKING LEG IS STRAIGHT AND TOE POINTED. IN 3<sup>RD</sup> AND 5<sup>TH</sup>, THE WORKING KNEE IS RELAXED AND PRESSED

WELL BACK WITH THE TOE POINTED. THE MOST IMPORTANT THING TO REMEMBER IS THE WEIGHT OF THE BODY MUST BE MAINTAINED BY THE SUPPORTING FOOT: THIS ALLOWS THE WORKING FOOT TO BE POINTED AND PLACED PROPERLY DURING THE HIGHLAND DANCE MOVEMENTS.

#### HIGHLAND DANCE POSTIONS OF THE ARMS

1<sup>ST</sup>            HANDS ARE CLENCHED IN A FIST AND PLACED SQUARELY ON THE WAIST. ELBOWS DIRECTED OUT TO THE SIDES.

2<sup>ND</sup>            ONE HAND IS IN 1<sup>ST</sup>. THE OTHER IS RAISED TO THE SIDE. THE RAISED ARM IS ALWAYS OPPOSITE TO THE WORKING FOOT.

THE FINGERS OF THE RAISED ARM ARE LIGHTLY GROUPED WITH THE THUMB TOUCHING THE FIRST JOINT OF THE MIDDLE FINGER.

3<sup>RD</sup>            BOTH ARMS ARE RAISED UP AND TO THE SIDES.

4<sup>TH</sup>            A HIGHER AND CLOSER FORM OF 3<sup>RD</sup> POSITION.

5<sup>TH</sup>            ARMS ARE CURVED DOWNWARDS IN FRONT OF THE BODY. FINGERS ARE LIGHTLY GROUPED.