



JUST DANCE! With www.BackToBeingAWoman.com

Related to my blog on my ABC Blog Post Series: “J” is for Just Dance ! #BetterChoices2016

Not only do I want to encourage you to dance through life, I also want you trying new things and enjoying different aspects of your life. What better way to do those two things than with a new exercise?

With my daughter doing ballet classes three times weekly, I'm often sitting in a chair watching her dance. I've always thought it would be cool if the studio had room to hold yoga or exercise classes during that same time for all the mom's who sit and watch their daughters (and sons). Wouldn't you know it, this session during my daughter's Thursday night class, there is an adult ballet class for beginners! (That's me!) I've never taken dance. There's been aerobics, weight lifting and home exercise dvd's, but never dance, so I'm very excited and kind of anxious. I did an online search for ballet moves and terms, and found that Pittsburgh Ballet Theatre had simple to understand instruction with visuals that I have attached. I am sharing the information with you and encourage you to go outside of your box, too. If you are already a dancer, try something else you don't normally do, or get back in the habit of practicing dance.

This beginner's cheat sheet and the five main positions of ballet are provided with a link to [Pittsburgh Ballet Theatre's](#) article on basic instruction.

Why ballet?

1. Different forms of stretching are great for your body and blood circulation.
2. Ballet is a great workout for the *entire* body.
3. Ballet positions done properly will improve your posture.
4. Ballet strengthens abdominal muscles and muscle strength.
5. Ballet improves body tone and flexibility.
6. Sweating during ballet removes toxins from your body (have a good workout!).
7. It gives you a great excuse to listen to classical music!
8. It's a beautiful and very elegant dance.

(Please check with your doctor before beginning any change in exercise and always warm up.)

#FreebieFriday product from www.BackToBeingAWoman.com Thanks for checking it out!

[Pittsburgh Ballet Theatre](http://www.pbt.org) discusses the five positions of ballet below. Click their link to follow up with actual plie (plee-ay) and releve (ruh-leh-vay') movements to put your new steps below into action and begin dancing!

<http://www.pbt.org/community-engagement/basic-ballet-positions>



First Position



Second Position



Fourth Position (Third position is rarely used anymore because it is very similar to fifth position.)



Fifth Position

