

DANCE FEET

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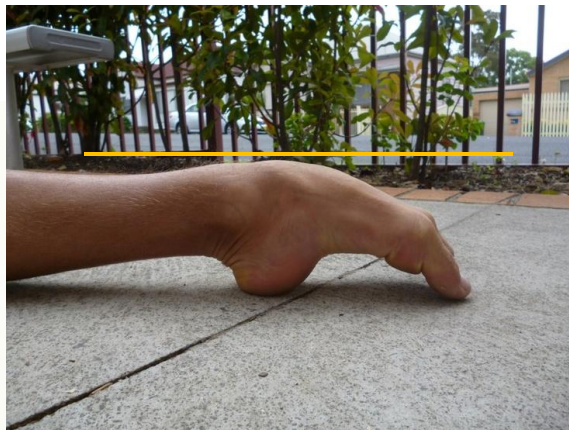
A dancer's number one tool is their feet, but what does it mean when a dancer says they have “good feet” or “bad feet”?

In dance, when a dancer points their foot a curved line must be created from the shin to the tip of the toe, rather than a straight line. (See pictures below) When a dancer gets the correction to “point their feet” it doesn't always mean that their foot was completely flexed, but rather that it is not pointed enough. If a dancer does not fully understand this correction they may think, “But I was pointing my foot”. This may be a true statement from the dancer, but they are failing to understand that they are not pointing their feet enough.

“BAD” Foot

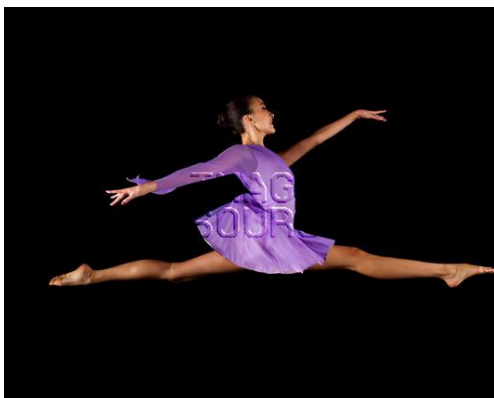


“GOOD” Foot



Most of the time, pointed feet are seen when a dancer's foot is completely off the floor and executing a leg movement (i.e., jump, turn, kick, etc.) It is esthetically pleasing to the eye to have an arched foot at the end of a leg line, and yes, dancer's eyes do pick up on this even during a fast leap or jump combination. In the pictures below the dancer on the left will get the correction to work on pointing her feet while the dancer on the right has fully pointed feet.

“BAD” Feet



“GOOD” Feet



Dancers also need to have a fully pointed foot on the supporting leg when they are en pointe (dancing in pointe shoes). Below are 2 dancers executing an arabesque en pointe. The dancer on the left cannot fully point her foot causing her to not be able to fully get over the box of her pointe shoe. The dancer on the right has both the flexibility and strength in her feet and ankles to fully point her foot, thus she can fully get over the box of her pointe shoe and will be able to have better balance and control en pointe.



Although dancers love working on big jumps, turns and kicks, more mature dancers know that the little things make a BIG difference in their technique. Fully pointed feet shows that the dancer has the knowledge and discipline to work on the meticulous details within dance technique.

NEXT WEEK TECHNIQUE TIP TOPIC: How to get better dance feet!