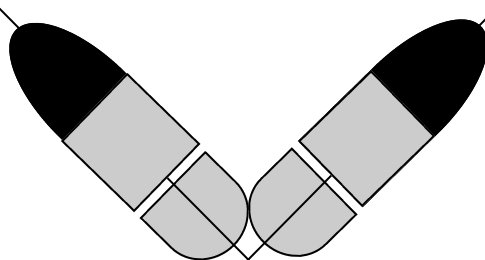


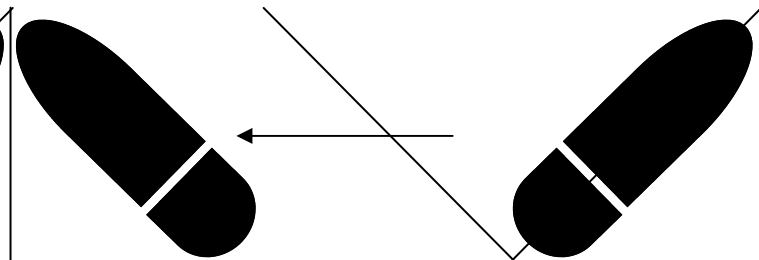
**FIRST POSITION**  
 FEET AT A 45 DEGREE ANGLE  
 FORMING A 90 DEGREE ANGLE

**DEMI PLIE'**  
 Knees over toes - stay in the "toaster"  
 Back Straight, Head Up, Heels down



**RELEVE'**

On your toes. Be as tall as possible.  
 Heels come off the ground as much as  
 possible. Keep heels together and  
 don't let the feet turn outward.



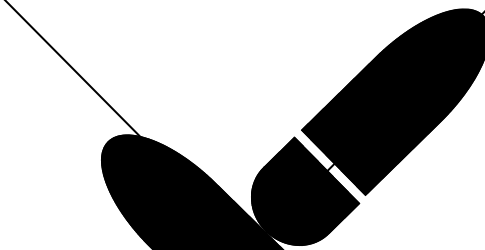
**SECOND POSITION**

Left foot goes out shoulder width.  
 Plie' and Releve' from second position  
 as well.



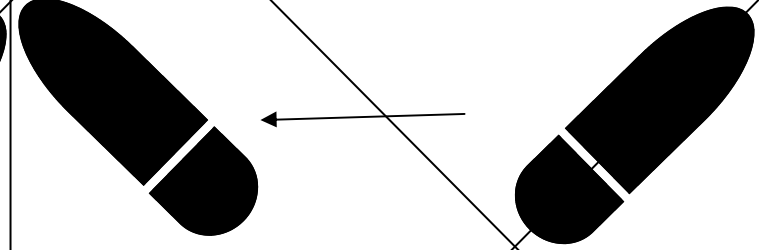
**FOURTH POSITION**

Left foot goes  
 back 22.5 inches.  
 Heels remain  
 "in line"



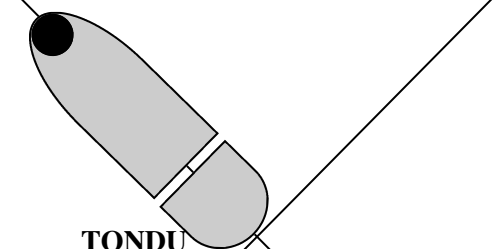
**THIRD POSITION**

Plie' and Releve' from third  
 position as well.



**LUNGE (SECOND POSITION)**

Demi Plie' to either side. Opposite leg  
 should be straight. Upper body still in  
 "toaster."



**TONDU**

Leg turns out from  
 the hip.  
 Knee facing  
 outward. Foot  
 extended, toes  
 down.



**RON DE JAMBE**

Using Tendu, sweep the toe in a circular motion  
 allowing the toe to slide on the ground. May be used in  
 and out of different positions. DEGAGE is with the  
 Tendu foot lifted off of the ground.

