

**7 – Teach the terms: sur le cou de pieds: conditional position and basic back position as used in fondu par terre**

**8 – Preliminary form of fondu par terre (2 side; 2 front; 2 side; 2 back)\***

(32 counts) Slow tempo Repeat music for left side

Begin facing the barre in 5th position right foot in front.

Préparation: tendu right leg to the side on count 2 of intro. Head remains facing “front.”

Bring right foot into conditional cou de pieds (supporting leg straight) & fondu (bending

supporting leg) and **HOLD\*\*** straighten the supporting leg & tendu working leg to side.

Repeat with working foot in sur le cou de pieds back and tendu to the side.

Repeat fondu with tendu to the front (2X) Repeat fondu with tendu to the side (2X). Repeat with tendu to the back (2X) Close to 5th position right foot back to finish

**Repeat music to repeat exercise with left leg**

\* Remind students to make sure that the working foot is in the correct position when changing to fondu to the next direction.

\*\* The supporting leg should be in a deep demi-plié while the working foot is in cou de pieds; this is held for one count so that the instructor can see that knees are directly over toes. It is imperative that the rise from the plié be as accurately aligned as possible as this is where errors usually occur. When the knee is allowed to “cave in” on the rise from plié is how many knee injuries begin

**9 – Relevé lent and Développé to 90° from 5th position\***

(64 counts) Adagio

Begin facing the barre in 5th position.

Préparation: attention to alignment & music tempo

\* This is working up to 90°. Do Not Force! Correct whole body alignment is the focus.

1 2 and 3 & 4  
Tendu right foot side, lift to 90° and lower to tendu & close to 5th front\* (2X)

1 2  
Draw the right toe up to passé to inside of the right knee; extend right leg to attitude

3 4  
side (with right knee perpendicular to hip), extend right leg to 90° to side without

5,6 7 and 8  
dropping the knee; HOLD. Lower the right foot to tendu to the floor and close to 5th

16 counts ; 16 counts ; 16 counts  
Repeat all to the left side; then to right back; then to left back

\*\* When facing the barre remind students to alternate closing to 5th first front then back

**Repeat music to practice the exercise to the side and front with back to the barre\*:**

Elbows slightly bent and hands grasping the barre from behind with palms facing forward. The shoulder girdle should be open (not pinched back) with shoulders down.

\*\* When back is to barre remind students to alternate closing to 5th first back then front