

### **7 – Rond de jamb en l'air at 90°**

(64 counts total) Moderately quick tempo

Begin en face in 5th right foot front

Préparation: arms to 2nd; right leg relevé lent to 90°

Counts 1 - 8 & 1 - 4 ; 5 6 7 8  
6 rond de jamb en dehors in 2 counts each; lower leg to pointe tendu; lift again to 90° &

Repeat 6 en dedans ending tendu, close to 5th; tendu left side & lift to 90° to immediately repeat all to other side. See that the torso does not lean away from the working leg and that a strong turn out and "lift" are maintained.

### **8 – Adagio using effacé devant and derrière; 4th arabesque at 45° and introduction to "Promenade" at 90°**

(64 counts total) Adagio

Begin in effacé devant to point 8

Préparation: opening arms to 2nd

Arms and head/eye gaze as previously taught

\* First teach principles of Promenade en dehors and en dedans with no music. Make sure the pose is held firmly and that the heel is being lifted and lowered in a controlled manner not wobbling from side to side or bobbing up and down. The Promenade should look like a 2 dimensional picture which smoothly and slowly goes around.

1 2 and  
Simultaneously développé left leg front to 90° & demi-plié on right leg; in plié lower foot (Torso leans back slightly on the effacé big pose as leg extends front; hold pose)

3 and 4  
to pointe tendu & raise again to 90°; lower again to close 5th straightening supporting leg. (On the tendu to close 5th arms open to 2nd, allongé & then lower to preparatory)

5 6  
Développé right leg to attitude effacé derrière; extend to arabesque at 90°; and (Arms through 1st to effacé derrière big pose and HOLD)

and 7 and 8  
Fondu right leg back and pas de bourrée closing 5th croisé to point 8 (Right arm to effacé small pose for pas de bourrée & opens to 2nd then lowers to preparatory)

1 2 3,4 & 5,6,7 and  
Tendu left foot back & HOLD; relevé lent to 45° in 4th arabesque; retiré left leg; (On tendu back practice 4th port de bras thru count 4 & hold pose; arms to 1st on retiré)

8 and 1 - 6  
turn to en face extending leg side at 90° and Promenade en dedans (turning to right)

7 & 8 and 1 - 6  
ending en face; tendu & raise leg again to 90° and Promenade en dehors (turning left) (Arms remain in 2nd position for both directions of promenade)

7 and 8  
ending at point 2; tendu to floor to close 5th back. (At beginning of second side arms lower to preparatory as the développé begins)

**Immediately repeat all to other side**