7 – Rond de jamb en l’air at 90º
(64 counts total) Moderately quick tempo
Begin en face in 5th right foot front
Préparation: arms to 2nd; right leg relevé lent to 90º
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 90º &
5 6 7 8
Repeat 6 en dedans ending tendu, close to 5th; tendu left side & lift to 90º 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 45º and introduction to “Promenade” at 90º
(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 90º & 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 90º; 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 90º; 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 45º 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 90º and Promenade en dedans (turning to right)

7 & 8 and 1 - 6
ending en face; tendu & raise leg again to 90º 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