

- Counts 9-12 hold this “triangle” pose (the triangle is created by the arm, torso, and leg and requires freedom of the hips and a strong core to enable a straight torso!)
- Count 13-16 return to position of count 1 with both hands at left ankle, then pivot to begin the deep lunge sequence to the right side (count 15 facing forward) - on the second deep lunge sequence, return to first position on count 15!

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8 Plies/Relevés (16 counts each with each repetition using a different position)!

- Sequence: !
 1. First position!
 2. Second position (left foot moves out)!
 3. Fourth position (left moves forward)!
 4. Third position (left foot moves back to right foot, but remains in front)!
 5. Third position (right foot moves in front of left foot)!
 6. Fourth position (right foot moves forward)!
 7. Second position (right foot moves out)!
 8. First position!

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