

# BATTEMENT TENDU #2: w/plie (LEVEL 1A)

Preparations: 4ct Preparations

**NOTE: YOU SHOULD NOT START THE BELOW EXERCISE, UNTIL YOU ARE ON TIMING #5 OF "TENDU #1"**

<b>TENDU #2 - TENDU W/PLIE FROM 1ST - EXERCISE #1</b>		<b>Finished:</b>	
<b>Begin w/one hand on the Barre, feet in 1st</b>			
<b>Counts:</b>	<b>Exercise Details:</b>	<b>CHECK-OFF:</b>	
<b>64cts</b>	2x en croix: Tendu (2cts), Close 1st (2cts), Plie (2cts), Stretch (2cts)	<b>Barre:</b>	<b>Centre:</b>
<b>8cts</b>	Walk and settle in 1st in the centre		
	Repeat above exercise in centre (walking back to the barre on end)		
	REPEAT AT THE BARRE AND CENTRE ON THE 2ND SIDE		

<b>TENDU #2 - TENDU W/PLIE FROM 1ST - EXERCISE #2</b>		<b>Finished:</b>	
<b>Begin w/one hand on the Barre, feet in 1st</b>			
<b>Counts:</b>	<b>Exercise Details:</b>	<b>CHECK-OFF:</b>	
<b>64cts</b>	2x en croix: Tendu (2cts), Close 1st/plie (2cts), Deepen Plie (2cts), Stretch (2cts)	<b>Barre:</b>	<b>Centre:</b>
<b>8cts</b>	Walk and settle in 1st in the centre		
	Repeat above exercise in centre (walking back to the barre on end)		
	REPEAT AT THE BARRE AND CENTRE ON THE 2ND SIDE		

<b>TENDU #2 - TENDU W/PLIE FROM 1ST- EXERCISE #3</b>		<b>Finished:</b>	
<b>Begin w/one hand on the Barre, feet in 1st</b>			
<b>Counts:</b>	<b>Exercise Details:</b>	<b>CHECK-OFF:</b>	
<b>32cts</b>	2x en croix: Tendu (1ct), Close 1st/plie (1ct), Deepen Plie (1ct), Stretch (1ct)	<b>Barre:</b>	<b>Centre:</b>
<b>32cts</b>	Repeat on 2nd side		
<b>8cts</b>	Walk and settle in 1st in the centre		
	Repeat above exercise in centre (walking back to the barre on end)		