

PORT DE BRAS: LEVEL 1

PORT DE BRAS - Exercise #1 - 1st Port de bras w/allongee

Begin with arms in preparatory, feet in 1st.

Counts:	Exercise Details:
8cts	Allongee Preparatory (2cts), Hold (2cts), Close Arrondi Preparatory (2cts), Hold (2cts)
16cts	Lift arms to 1st Position (4cts), Hold (4cts)
48cts	Repeat the above in each arm position
8cts	2x: 2 Balances side, closing back, Step side to attitude a terre (3), curstie (4)
4cts	3 Waltz Steps circling 360 degrees (3cts), Lower in 1st/arms in preparatory (1ct)
4cts	Step side to attitude a terre (5), Curtsie (6), Stretch (7), Close 1st/arms preparatory (8)

PORT DE BRAS - Exercise #2 - 1st Port de bras

Begin with arms in preparatory, feet in 1st.

Counts:	Exercise Details:
8cts	Lift arms to 1st (4cts), Hold (4cts)
8cts	Lift arms to 3rd (4cts), Hold (4cts)
8cts	Open arms to 2nd (4cts), Hold (4cts)
8cts	Allongee 2nd (4cts), Lower allongee Prep (2cts), Close arrondi Prep (2cts)
8cts	2x: Step side to attitude a terre (1), Hold (2), Curtsie (3), Stretch (4)
4cts	2 Slow Balances to the side, closing front: 1&2, 3&4
4cts	Walks in a circle, lowering in 1st position, en face
16cts	1st Port de bras (4cts to each position - no holds)

PORT DE BRAS - Exercise #3 - 1st Port de bras

Begin with arms in preparatory, feet in 1st.

Counts:	Exercise Details:
8cts	Lift arms to 1st (2cts), Hold (2cts)
8cts	Lift arms to 3rd (2cts), Hold (2cts)
8cts	Open arms to 2nd (2cts), Hold (2cts)
8cts	Allongee 2nd (2cts), Lower allongee Prep (1ct), Close arrondi Prep (1ct)
	REPEAT AGAIN
8cts	4 Slow Balances Side: 2 Closing Back, 2 Closing Front
8cts	4 Slow Forward Balances (circling)
4cts	Step side to attitude a terre (1), Plie (2), Stretch (3), Close 1st/Preparatory (4)

PORT DE BRAS - Exercise #4 - 1st Port de bras

Begin with arms in preparatory, feet in 1st.

Counts:	Exercise Details:
8cts	Lift arms to 1st (2cts)
8cts	Lift arms to 3rd (2cts)
8cts	Open arms to 2nd (2cts)
8cts	Allongee 2nd (7), Lower allongee Prep (&), Close arrondi Prep (8)
	Repeat Again
4cts	2 Slow Balances side, closing back
4cts	2x: Step side to attitude a terre (5), Plie (6)...78
4cts	2 Slow Balances side, closing front
4cts	Walks circling around (2cts), Settle in attitude a terre/arms in preparatory (3), arms to 3rd (4)

PORT DE BRAS - Exercise #5 - 1st Port de bras

Begin with arms in preparatory, feet in 1st.

Counts:	Exercise Details:
&1	Allongee Prep (&1)
&2	Close to Arrondi Prep (&2)
&3	Lift to 1st (&3)
&4	Open arms to 2nd arrondi (&4)
5,6,7,8	HOLD
4cts	Allongee 2nd (&1), Hold (&2), Lower to Preparatory Arrondi (&3,&4)
4cts	HOLD
	Repeat 1/2 port de bras Again
4cts	4 Balances side closing back
4cts	4 Balances side closing front
4cts	2x: Step side to attitude a terre (5), Curtsie (6)....7,8
4cts	Walk circling around (3cts), lower in 1st (1cts)
16cts	Repeat the 1/2 port de bras 1x again, but instead of the 4ct hold on the end, Step side to attitude a terre (5), Curtsie (6), Stretch (7), Close 1st/arms to prep (8)