

# RONDE DE JAMBE: LEVEL 1

Preparations: All of the below exercises have the Level 2 - 4ct Preparations

<b>RONDE DE JAMBE - EXERCISE #1 - Passe Par Terre (Timing #1)</b>		<b>Finished:</b>	
<b>Begin w/one hand on the Barre, feet in 1st. Prepare arms to barre (2cts), Tendu front (2cts)</b>			
<b>Counts:</b>	<b>Exercise Details:</b>	<b>CHECK-OFF:</b>	
<b>24cts</b>	3x: Passe par terre: close to 1st (1,2), open to tendu back (3,4), close 1st (5,6), open to tendu front (7,8)	<b>Barre:</b>	<b>Centre:</b>
<b>8cts</b>	Transition to other foot: Close 1st (1,2), Hold (3,4,5,6), Tendu left foot front (7,8)		
<b>16cts</b>	<b>Repeat on left foot</b>		
	<b>16cts: Finish arms from barre, walk to center and repeat the above combo. When finished, walk back to the barre and settle in 1st.</b>		