

## PREPARATIONS & FINISHES: LEVEL 1

### PREPS & FINISHES - EXERCISE #1 - Allongee, Lift & Lower from Barre (64cts)

**Begin Facing the Barre w/arms in preparatory**

#### Part 1 - ALLONGE (32cts)

Counts:	Exercise Details:
<b>8cts</b>	Right arm: Open to allongee preparatory (4cts), Close to arrondi preparatory (4cts)
<b>8cts</b>	Left arm: Open to allongee preparatory (4cts), Close to arrondi preparatory (4cts)
<b>8cts</b>	1X Right arm (2cts), 1X Left arm (2cts): Open to allongee preparatory (2cts), Close to arrondi preparatory (2cts)
<b>8cts</b>	1X Right arm (2cts), 1X Left arm (2cts): Open to allongee preparatory (2cts), Close to arrondi preparatory (2cts)

#### Part 2 - ARM PREPARATION FACING BARRE (32cts)

Counts:	Exercise Details:
<b>8cts</b>	Allongee (2cts), Arrondi (2cts), Lift to barre (2cts), Settle on Barre (2cts)
<b>8cts</b>	Lift arm off barre to preparatory (4cts), Hold (4cts)
	<b>Repeat above 16cts 2 more times</b>

### PREPS & FINISHES - EXERCISE #2 - Full Preparation & Finish w/holds

**Begin Facing the Barre w/arms in preparatory**

Counts:	Exercise Details:
<b>4cts</b>	Both arms: Allongee Preparatory (&1), Close Arrondi Preparatory (&2), hold (3,4)
<b>4cts</b>	Lift hands towards barre (&5), place on barre (&6), Hold (&7, &8)
<b>4cts</b>	Lift hands from barre (&1), lower to preparatory arrondi (&2), Hold (&3, &4)
<b>4cts</b>	<b>Coda:</b> Allongee right arm (&5), Recover to Preparatory arrondi (&6), Allongee left arm (&7), Recover to Preparatory arrondi (&8)
	<b>REPEAT EXERCISE 3 MORE TIMES</b>

### PREPS & FINISHES - EXERCISE #3 - Full Preparation & Finish

**Begin Facing the Barre w/arms in preparatory**

Counts:	Exercise Details:
<b>2cts</b>	Both arms: Allongee Preparatory (&1), Close Arrondi Preparatory (&2)
<b>6cts</b>	Lift hands towards barre (&3), place on barre (&4), Hold (5,6,7,8)
<b>4cts</b>	Lift hands from barre (&1), lower to preparatory arrondi (&2), Hold (&3, &4)
<b>4cts</b>	<b>Coda:</b> Allongee right arm (&5), Recover to Preparatory arrondi (&6), Allongee left arm (&7), Recover to Preparatory arrondi (&8)
	<b>REPEAT EXERCISE 3 MORE TIMES</b>

<b>PREPS &amp; FINISHES - EXERCISE #4 - Preparation &amp; Finish w/one hand on barre (w/holds)</b>	
In 1st or 5th, Begin in position for one hand on the barre. However, instead of having one hand on the barre, BOTH hands should be in preparatory arrondi. <b>THERE IS NO PREPARATION FOR THIS EXERCISE!</b>	
<b>Part 1 - Placement of hand on barre</b>	
<b>8cts</b>	Barre arm: lifts towards barre (&1), place hand on barre (&2), hold (&3,&4), lift arm from barre (&5), Lower to preparatory arrondi (&6), hold (7,8)
<b>8cts</b>	Repeat the above 8ct, but instead of lowering the hand from the barre, turn the head side away from the barre (&5,&6,&7,&8)
<b>Part 2 - Preparation &amp; Finish w/holds</b>	
<b>8cts</b>	<u>Preparation:</u> Allongee (&1), hold (&2), Return to preparatory arrondi (&3), hold (&4), lift to 1st (&5), hold (&6), Open 2nd (&7), hold (&8)
<b>8cts</b>	<u>Finish:</u> Allongee 2nd (&1), hold (&2), Return to preparatory arrondi (&3), hold (&4), Hold (&5,&6,&7,&8)
<b>16cts</b>	<b>Repeat above 16cts again</b>

<b>PREPS &amp; FINISHES - EXERCISE #5 - Preparation &amp; Finish w/one hand on barre</b>	
In 1st or 5th, Begin in position for one hand on the barre. However, instead of having one hand on the barre, BOTH hands should be in preparatory arrondi.	
<b>Counts:</b>	<b>Exercise Details:</b>
<b>PREP</b>	4cts: lift hand to barre (2cts), change head (2cts)
<b>4cts</b>	<u>Preparation:</u> Allongee (&1), Return to preparatory arrondi (&2), lift to 1st (&3), Open 2nd (&4)
<b>4cts</b>	<u>Finish:</u> Allongee 2nd (&5), Return to preparatory arrondi (&6), recover head (&7,&8)
<b>24cts</b>	<b>Repeat the above eight counts 3 more times</b>