

Three—Bend the left knee, resuming the position made previous to the second motion.

Four—Advance the right leg, and with a smart beat of the foot resume the 'Second Position,' from which the balance motions commenced.

First Position—Extending both knees, draw the right heel up to the left.

Third Position in Two Motions.

One—Incline the right side to the front, so that the shoulder and knee are perpendicular to the point of the foot.

Two—Step out smartly to the front, about thirty-six inches, with the knee perpendicular to the instep; the left knee and foot kept straight and firm, the heels in a line, the body upright, and the shoulders square to the left.

Second Extension Motions.

One—Bring the arms to the front of the body, with the hands closed, and the knuckles uppermost, touching each other below the lower button of the jacket; raise them gradually until the wrists, by bearing inwards, touch the breast, the elbows being kept up; then by forcing back the shoulders, the hands will be drawn apart, and the motion is completed, by sinking the elbows, and smartly extending the arms and fingers in a diagonal line, with the right wrist as high as the head, the shoulders kept down, and the thumbs inclined to the right.

For beginners, this motion may be divided, by giving the word '*Prepère*,' for the first part; and remaining perfectly steady, when the hands are brought to the breast ready to separate; then give the word '*One*,' for the motion to be completed.

Two—Close the right hand, and draw it in to the shoulder, at the same time inclining the body forward, until the right elbow rests upon the point of the knee; the left arm rising gradually and remaining extended, as the body advances, so as to bring the wrist as high as the head, which must be well kept up.

Three—Raise the upper part of the body, drawing in the elbow, and when nearly upright, extend the right arm smartly, and open the hand; thereby resuming the position formed by the first motion.

Four—Raise the body by extending the right leg.

Five—Bend the right knee and advance the body, so as to resume the position in the first motion.