

Wand Exercise.

1st Practice.

Waltz.—

- 1st.—The wand at the ready position.
- 2nd.—Carry the wand to a verticle at the left side, the left arm at the full extent.
- 3rd.—Move to the right three steps at the same time, describe a half circle with the wand to the right.
- 4th.—Back to the left, in three steps.

2nd Practice.

- 1st.—The same movements as in the first practice, but the lines are to close to each other—that is, two or three lines to close on each other, and form one line on the eighth bar of the waltz.
- 2nd.—And regain the first position on the sixteenth bar.

3rd Practice.

- 1st.—Carry the wand to a verticle at the left side, right hand over the left, at the same time cross the foot over the left.
- 2nd.—Position or ready.
- 3rd.—Carry the left hand over the right to a verticle at right side, and left foot over the right.
- 4th.—Ready.