

**SECOND MOVEMENT.** 1, *Swing, right foot.* 2, *Swing left foot.* Raise the foot in front and swing it forward and backwards about the length of a step lifting the heel of the foot on the ground as the other passes.

**THIRD MOVEMENT.** 1, *The dancing step.* Raise the heels from the ground and throw the feet forward alternately letting one commence the motion forward just before the other returns.

**FOURTH MOVEMENT.** 1. *Raise the heels.* 2, *Walk six paces forward and return* to the same place without putting the heels to the ground.

**FIFTH MOVEMENT.** 1. *Raise the toes.* 2. *Walk six paces forward and return* to the same place on the heels.

### BALANCING EXERCISES.

#### FOR BOYS.

**FIRST BALANCE.** 1. *Arms folded.* 2. *Right foot extend forward horizontally.* 3. *Left foot in the same manner.* 4. *Right foot extend backward horizontally.* 5. *Left foot in the same manner.*

**SECOND BALANCE.** 1. *Position.* 2. *Touch the breast with the right knee, then with left knee.* Let the body be upright and the toes pointing to the ground.

**THIRD BALANCE.** 1. *Right foot raised to the chin.* 2. *Left foot raised to the chin.* Keep from moving the foot on the ground.

**FOURTH BALANCE.** 1. *Hands and right foot forward horizontally.* 2. *Sit down* on the ground and rise again slowly. Keep from touching the ground with the hands. 3. *Hands and left foot forward* and repeat the same.

**SIXTH BALANCE.** 1. *Arms folded.* 2. *Lie down* on the back. 3. *Rise up* again without unfolding the arms or touching the ground with the elbows.