



Banana



Attention



Marching Arms & Step



45° with Thigh High Leg



Trunk Forward Bend



Half Lateral bend



Full Lateral Bend





Across Bend



Diagonally Up & Down



Diagonally Down Arms



Corrective



Drag



Drag (side view)



Waiter



Egyptian Top Stand



Open Heave



Heave



High Prayer Position



Low Prayer Position



Mid Front



Neck Rest



Oblique



Flight



Reach (side view)



Reach



Rhythm Overhead



Square Fold



Upward Stretch



Yard



Top Stand





All Fours (side view)



Grab



Long Sit



Sit To Side (Front)



Sit To Side (unstacked)



Square Kneel



Leaning Back On Hands



Wrap (knees up)





Back Sit Lunge



Crossing Step



Lunge Side



1/2 Knee bend



1/4 Knee Bend



Shin High Kick



Thigh High Kick



Tilted Crossing Step



Senior Ballet Crossing Step





5th Position



Big Toe Point



First Repose



High Flamingo



Low Flamingo



Foot On Calf



Foot On Shin



Full Plie



Half Plie





Gather



Clasped Hands



Hips Firm



Hips Firm Down



Laced Fingers



Masked Hands



Star Hands

