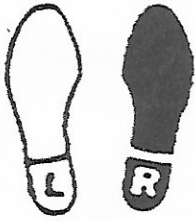
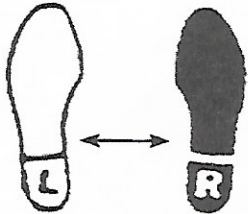


Appendix II

Foot Positions



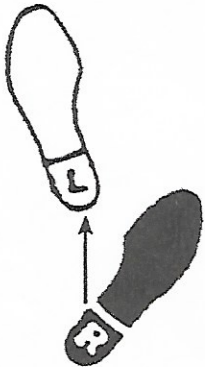
FIRST: Feet together, toes turned out slightly (optional).



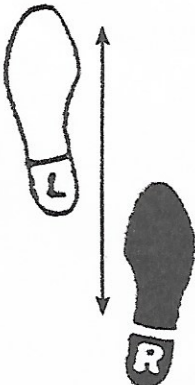
SECOND: Feet parallel, hip width apart.



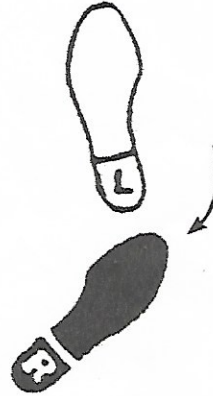
THIRD: Heel to instep with the forward foot pointing down LOD, Back foot turned out.
more Turn out of back Foot



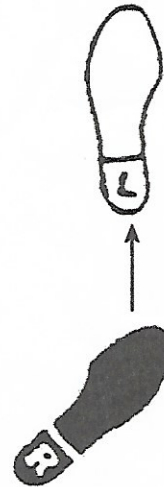
EXTENDED THIRD: To move forward or backward down LOD in 3rd position.



FOURTH: To move forward or backward down LOD with toes turned out slightly (optional). a.k.a. walking steps.



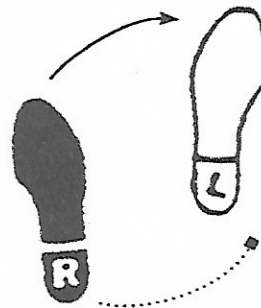
FIFTH: Toe to heel with both feet turned out slightly the forward foot pointing down the LOD.



EXTENDED FIFTH:- To move forward or backward down the LOD in 5th position.



LOCKED FIRST: Feet are in 1st position with one foot in a tight cross in front or behind the other.



LOCKED SECOND: Feet are in 2nd position with one foot crossed over or behind the other. Feet are parallel and separated.