

# Terminology

## feature stretch

### Cat Stretch

Begin with hands and knees on the ground. Your back should be straight. Hold for 3 seconds. Arch your back like a kitty cat and hold for 3 seconds. Repeat 3 times.

## main activity

### Tendu

Extend (stretch) one leg out to the front. Leg is straight and toe is pointed, resting gently on the floor.

### Fairy Taps

Extend leg out with a straight leg and pointed toe. Gently and slowly tap toe on the ground. When you are balance, you can lift arms up and down like you're flying through the sky like a fairy. Repeat with other leg.

## across the floor

### Step Kick, Turn, Chasse

Kick to the front, turn one time, and chasse

### Back Kick, Chasse, Turn

Facing back, kick back, side chasse, turn one time