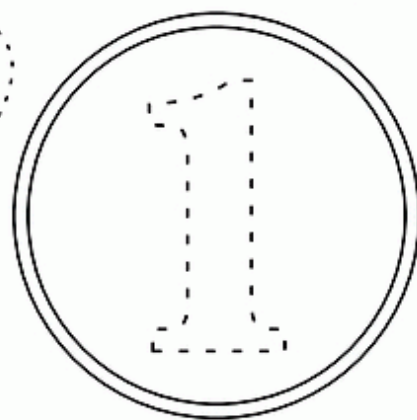


FIRST position

In first position
your feet should be,
heels together in the
shape of a "V"



Trace the number one.

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