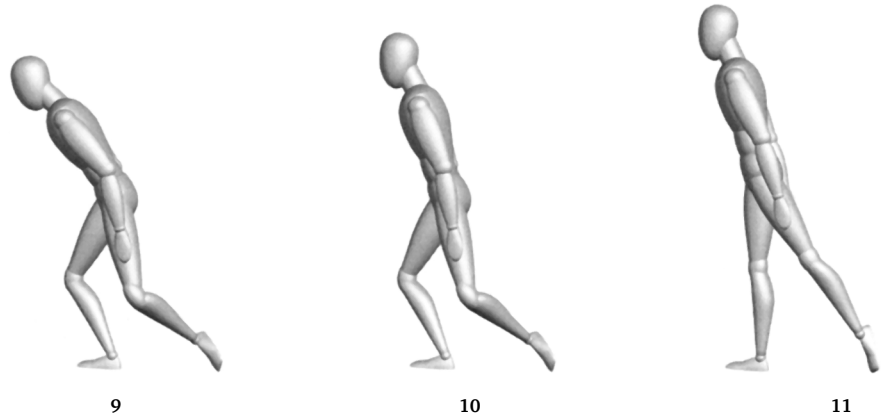
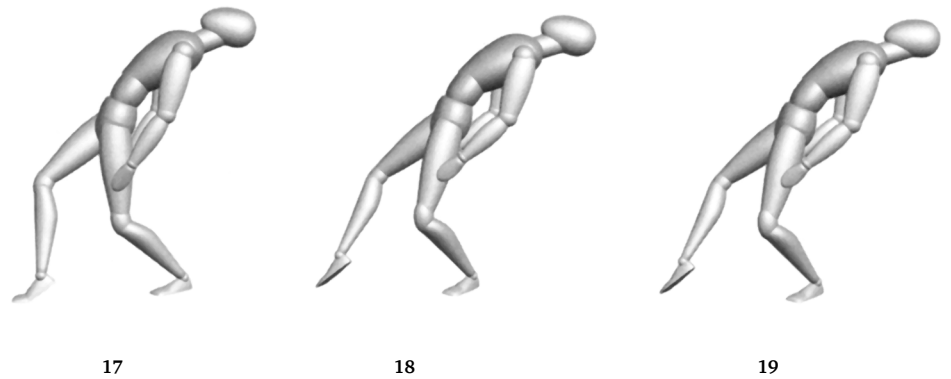


- 9 inclination of the buste backward into torse rectiligne
- 10 inclination of the torse backward into tronc rectiligne
- 11 extension into tour Eiffel forward
- 12 back to zéro
- 13 inclination of the head backward
- 14 inclination of the marteau corps composé backward
- 15 inclination of the buste corps composé backward
- 16 inclination of the torse corps composé backward



- 17 inclination of the tronc double axe corps composé backward
- 18 transport of the tronc corps composé backward
- 19 inclination of the head forward into marteau rectiligne
- 20 inclination of the marteau forward into buste rectiligne
- 21 inclination of the buste forward into torse rectiligne
- 22 inclination of the torse forward into tronc rectiligne
- 23 extension into tour Eiffel backward
- 24 back to zéro



Variations include back and forth *dégressif*, from the 1st and 3rd position. Another possibility is to make the relation between head, chest, and pelvis correspond with the neck and the waist. First place these three and then, in one movement, complete the *annelé* by adding the neck, the waist, and by transporting the weight.