

Dunham Technique

J N U O I N R X A X R Z C F E M K
O I G A D A O L A G C M O S T M E
G O Q W X Q L I B K A B N W A M R
O O W Q Q A J S T T H J T Z L M O
B C N D B J U D G C L W R V U N L
G I W M Y F O K K V A B A H D B L
N G A K F Q A C B S L R C D N C J
J D O J M P V L F I Q B T O U U M
K C A B T A L F Q A N U J N A C B
R O C K I N G H O R S E G A O P Q
H N O I T I S O P D N O C E S C O
T E W I F S P U Q Q G G U F Z H B
E D U T I T T A O R E L E A S E C
J P A R A L L E L B V S W A F V P
O Z W A P B J A O Q B Z H M I F U
Z E C N H K K M V C C G C D I D U
Y L G P C E T N I O P I M E D X Y

Second Position

Demi pointe

Parallel

Undulate

Roll

Rocking Horse

Damballa

Attitude

Release

Contraction

Contract

Flatback

Adagio