



Petra Kluike

Dance-Step™ IFAA-Interlaken 25.09.04

Counts	Wdh.	Beinbewegung	Armbewegung	Richtung
Block I				
1 - 5		Basic up, Split, Knie		
6 - 8		Minimambo v or		
1 - 2		Down Down, Face Backwall		
3 - 4		Turn Back		
5 - 8	1	Kick		
1 - 8		Spider Elvis		
1 - 8		Swing Kick over, Walk around		
Block II				
1 - 8		Knee lift (off the end), Jazzsquare, Turn back		
1 - 8		Knee lift mit Turn, Straddle, Kick		
1 - 8		+1 Squat, Reverse Turn		
1 - 8		Repeatervariation Pulli, Twist		
Block III				
1 - 4		Walk diagonal mit Pivot		
5 - 8		Step Rounds de Jambe		
1 - 8		Minimambo, Turn diagonal back, Minimambo, Turn front		
1 - 8		Basic Chacha		
1 - 8		3er March up, Pause		

Musik: Durchgängig unsere Dance-Step Vol. 2 (26€)

Finallied von unserer Highlight Vol. 4 (25€)

Weitere Infos zur Dance-Aerobic-Ausbildung unter 02131 - 125 8888 oder www.people-in-motion.info