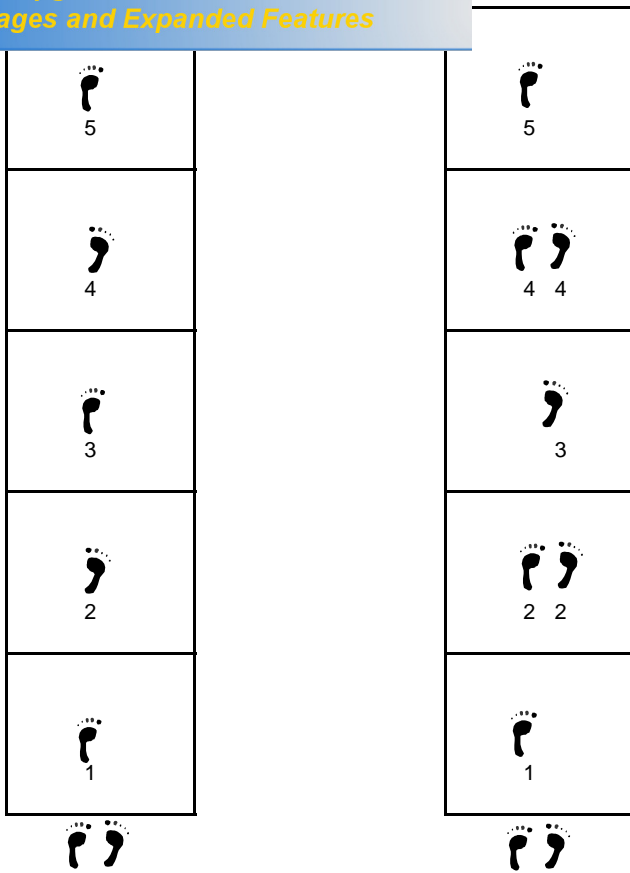
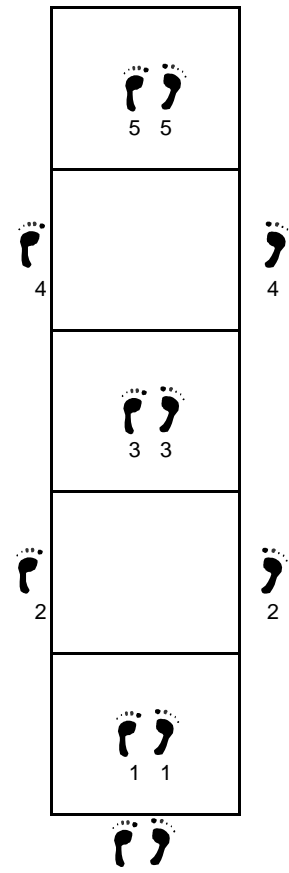


oppa hage



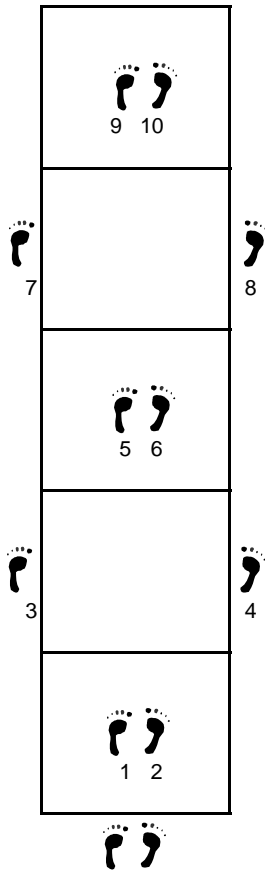
3

Jamtota In - Ut



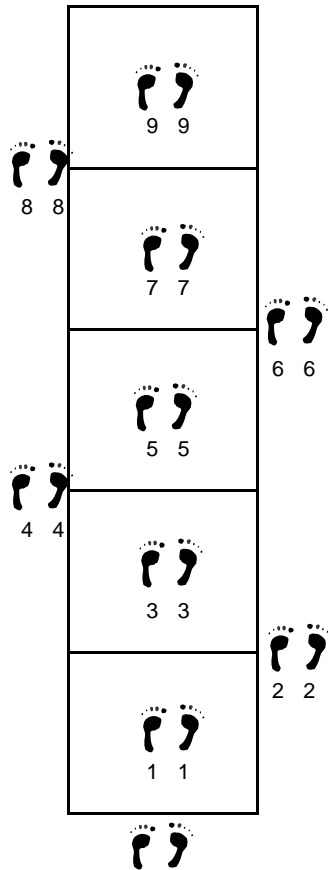
4

In - Ut



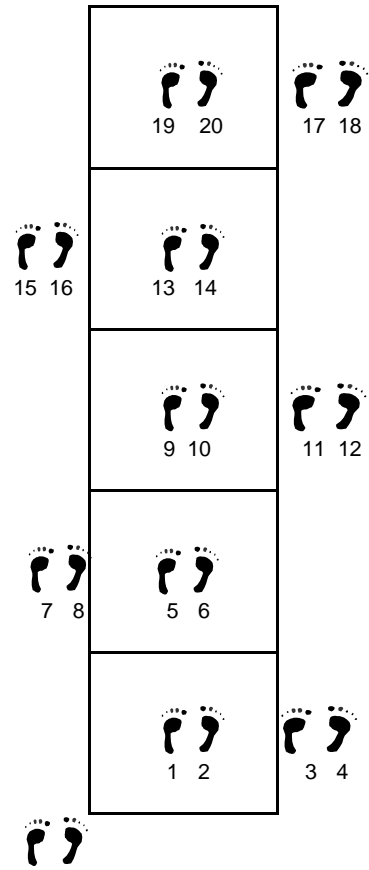
5

Jamtota Zick-Zack



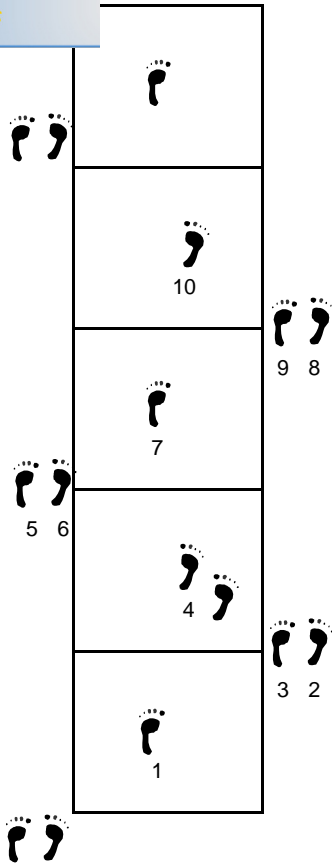
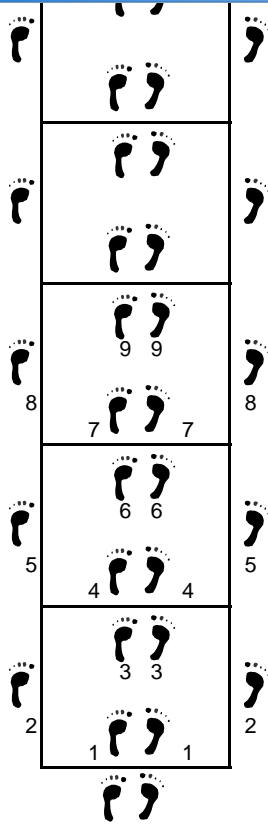
6

In - Ut, en tot leder



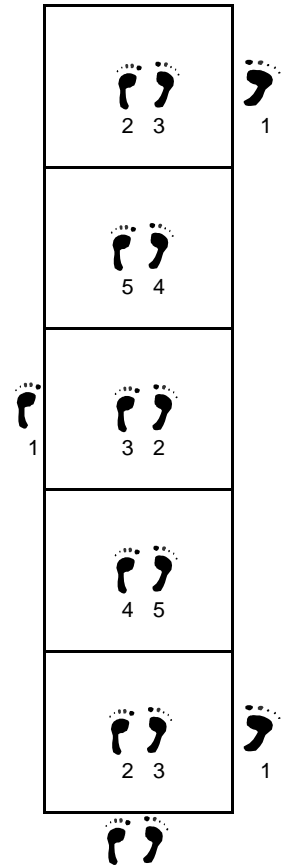
ango

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9

5-taktslopping



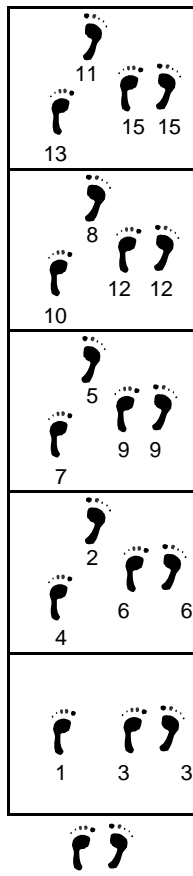
10

Sidsteg



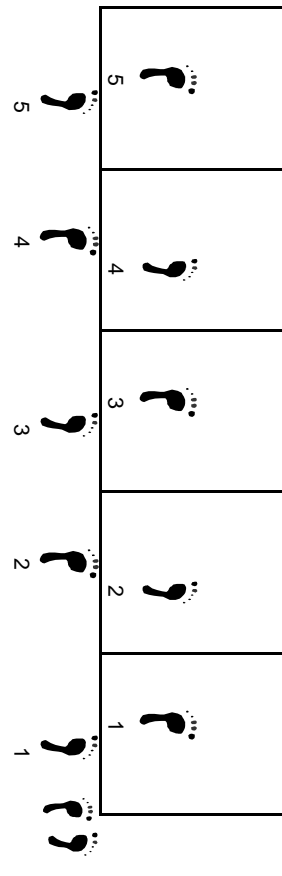
11

2 fram - 1 tillbaka



12

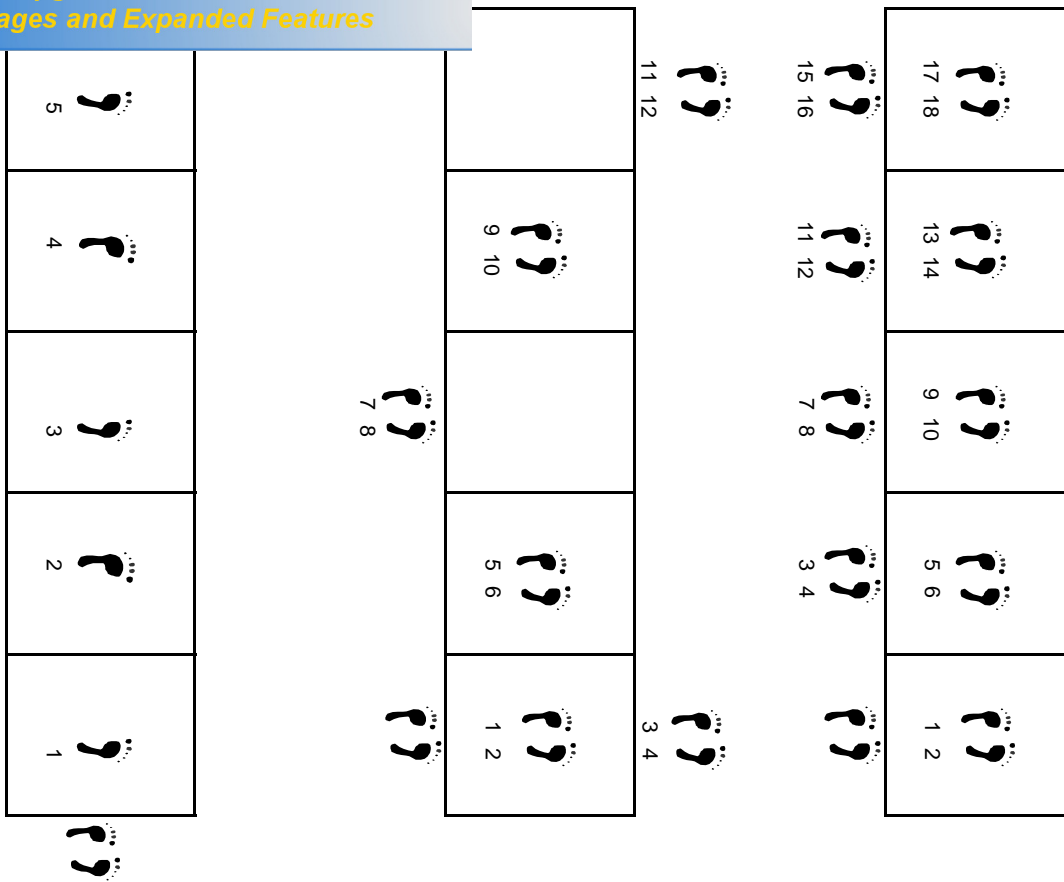
Saxen



Mountain

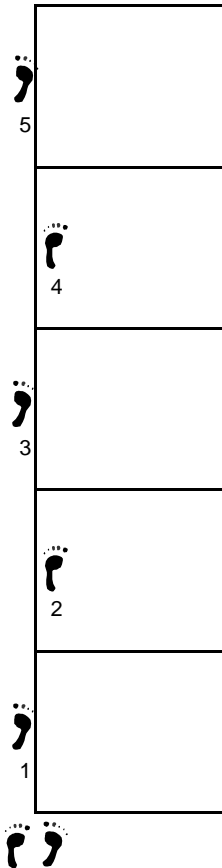
15

Step In - Step Out



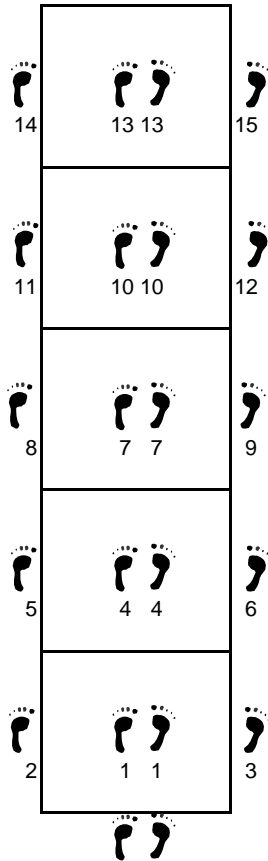
16

Kors In - Ut Catwalk



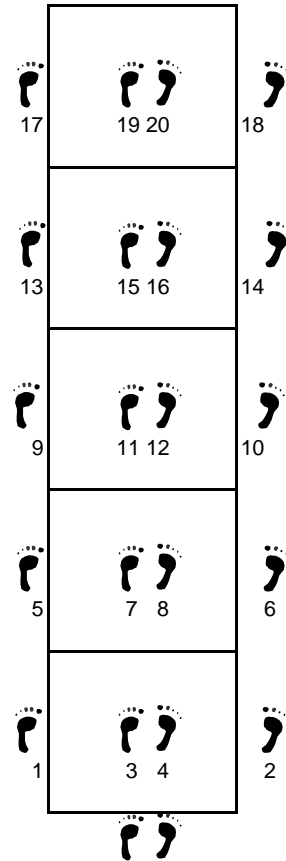
17

Tradet 1



18

Step In - Step Out

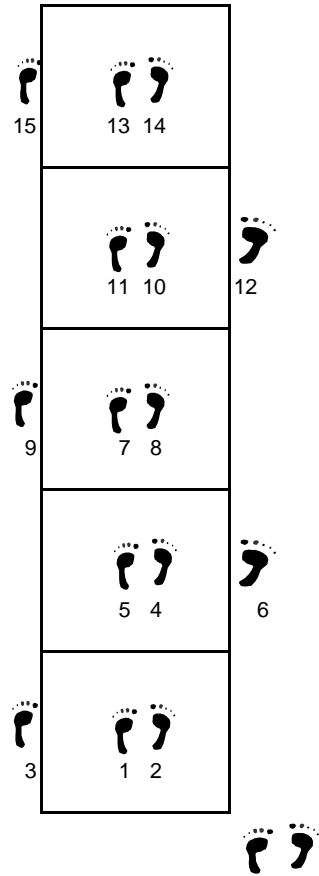
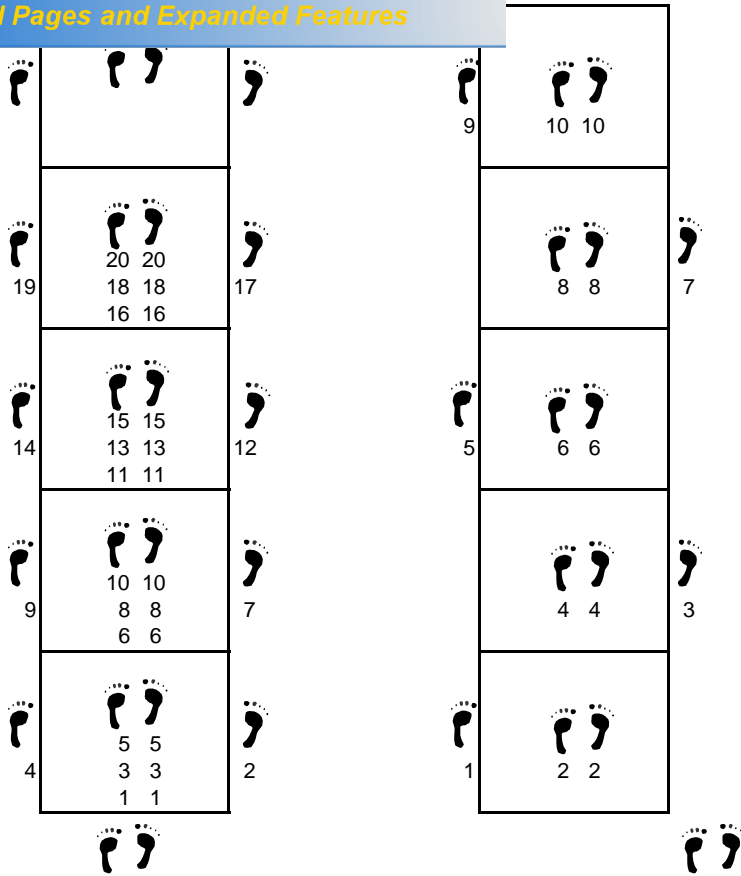


ky Shuttle

21

3-takt

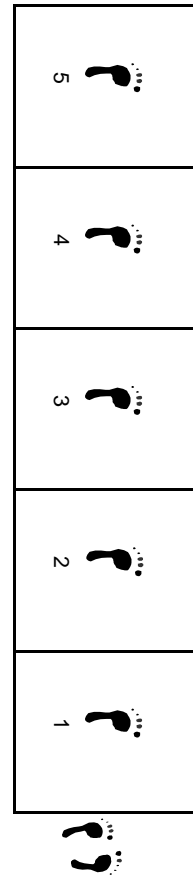
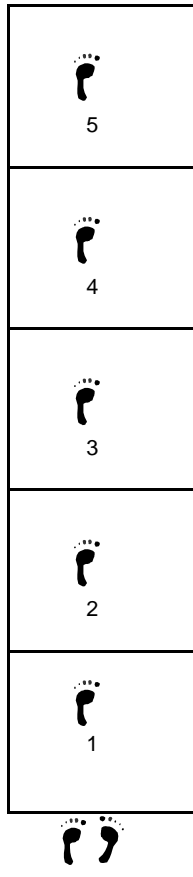
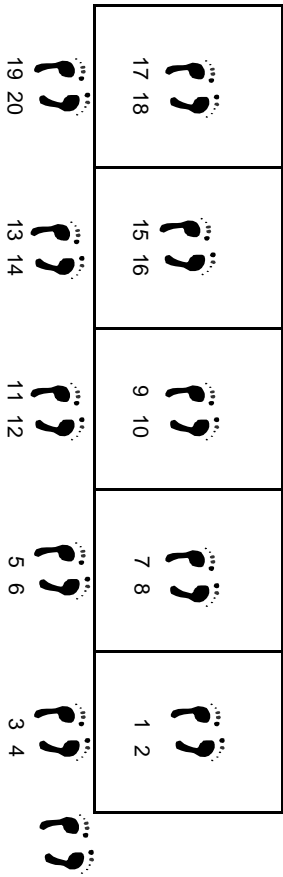
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22 Sidsteg, fram - bak

23 Enbenshopp

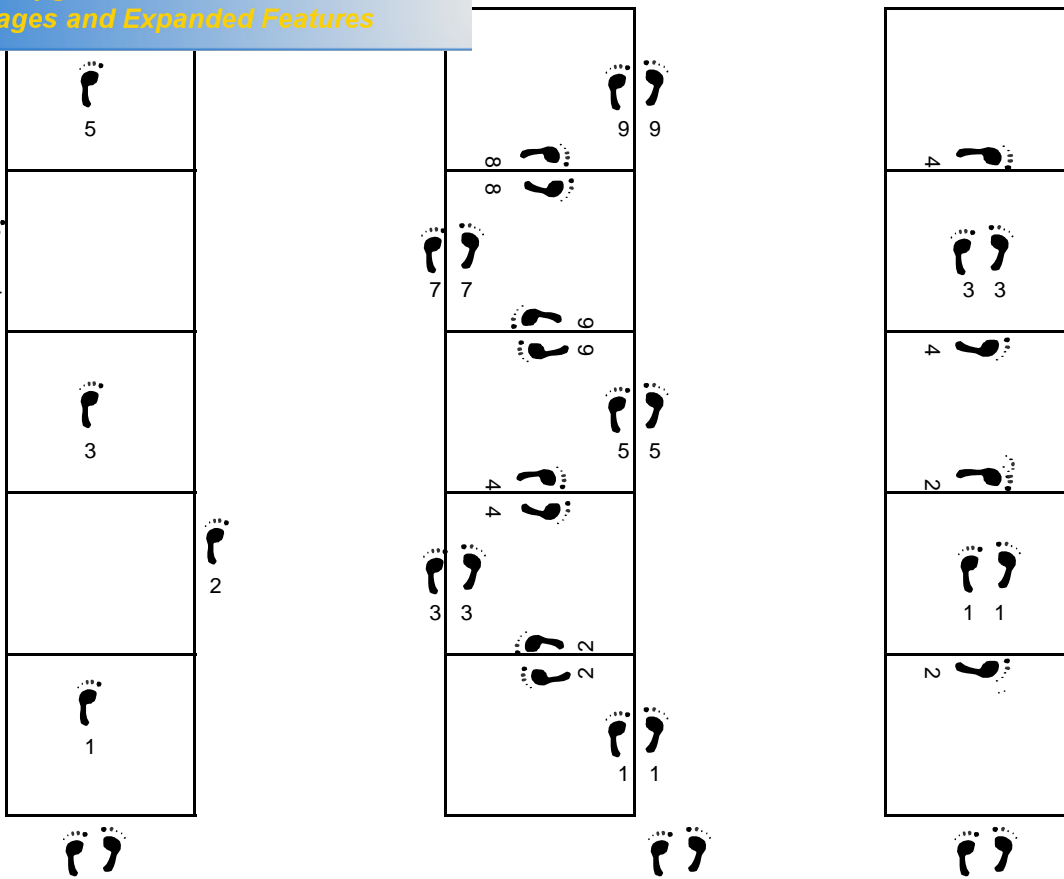
24 Enbenshopp



nake

27

Two-foot split twist



28

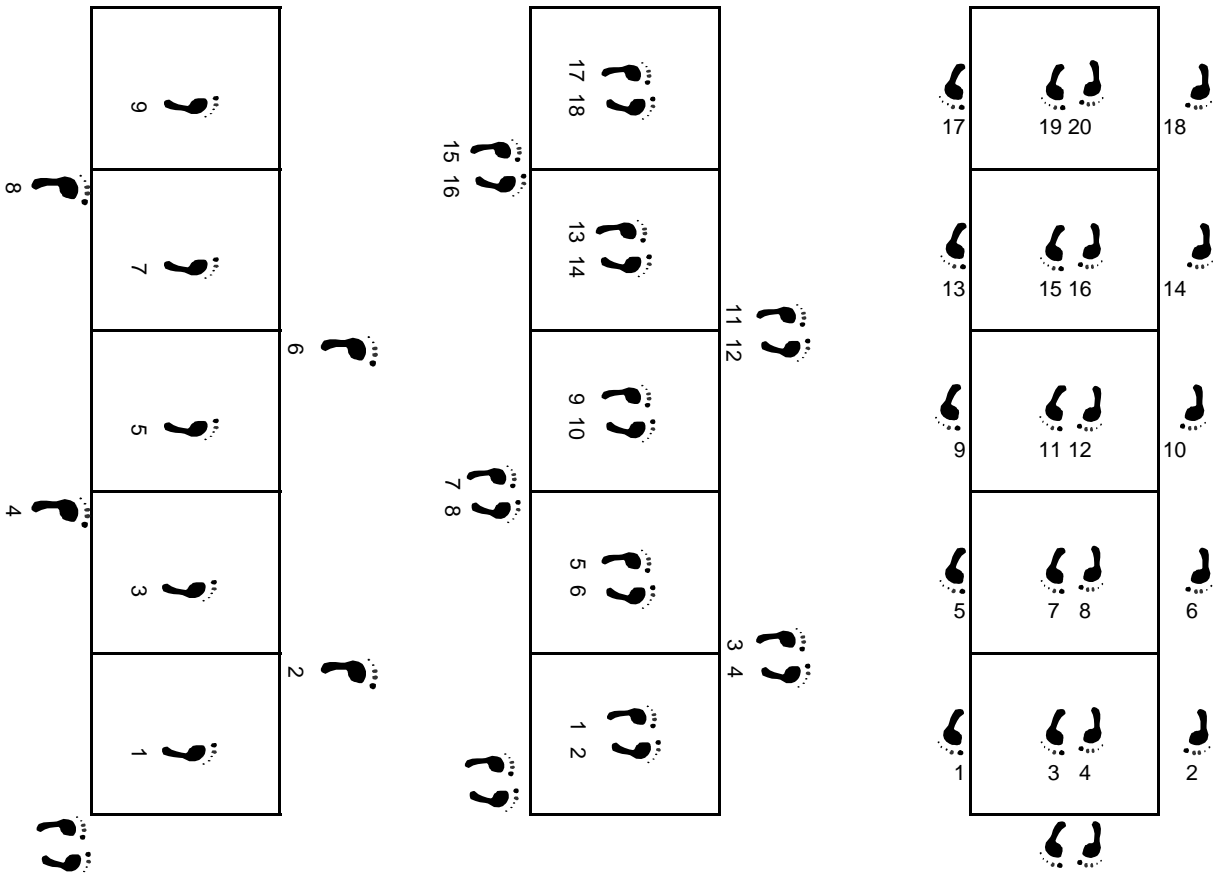
Sidsteg, fram - bak

29

Zick-Zack

30

Step In - Step Out  
Baklänges



Upp och tvärs  
hopp med rotation

33

Ut-ihop-kors-hop

14	13 13	15	9 9	5
12	10 10	11	7 7	8
8	7 7	9	5 5	6
6	4 4	5	3 3	4
2	1 1	3	1 1	2

Ut-ihop-kors-hop sequence: 5, 4, 3, 2, 1

34

Rotera totterna

5	5
4	4
3	3
2	2
1	1

Rotera totterna sequence: 5, 4, 3, 2, 1