

16 V-step, rev V-step 2x L
L/P

CD:

8 march P

8 step touch P/L HP

2X

6 stomp 1+1 P/L front

2 march P

8 step touch P/L HP

2x

6 stomp 1+1 P/L front

2 turn 360°

8 step touch P/L HP

2x

32 AB P/L

CD:

celý metodický postup L/P

32 AB L/P

ABCD P/L - HP a reverse pyramiding

6 stomp 1+1 P/L front

2 turn 360° P

8 grapevine P/L

4 grapevine L back

4 march L turn front

8 V-step, reverse V-step 1x L

II. blok

8 chacha + 1 pivot P/L

8 leg curl SSD P/L

4 mambo side L

12 march + 2x knee up L/P turn 180° diagonal front

1-32 L/P

metody učení - vrstvení celého bloku, pyramiding, reverse pyramiding, layering

16 leg curl P/L

16 leg curl double P/L

32 leg curl SSD P/L

32 chacha + 1 mambo front P/L

32 leg curl SSD P/L

16 chacha + 1 mambo front P/L

16 leg curl SSD P/L

8 chacha + 1 mambo front P/L

8 leg curl SSD P