



1. Walk in Box, 360° Drehung, Walk out
2. Jog over
3. Lope
4. Jog over
5. Lope
6. Walk over
7. Seiltor
8. Back up ,Walk out, Stop, Ende

WWWWW	Back Up
.....	Walk
-----	Jog
—————	Lope
	Wechsel
	Erhöhung