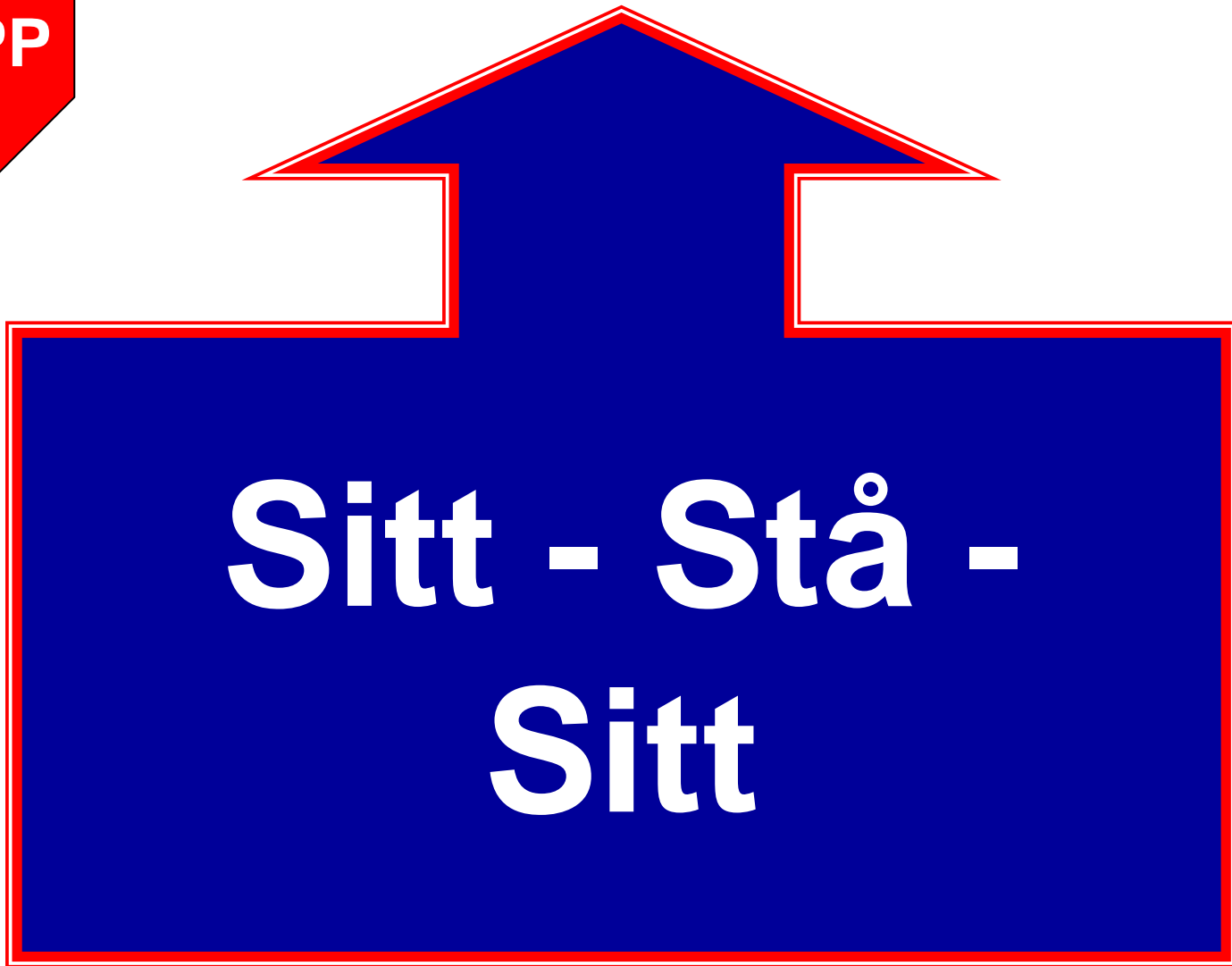




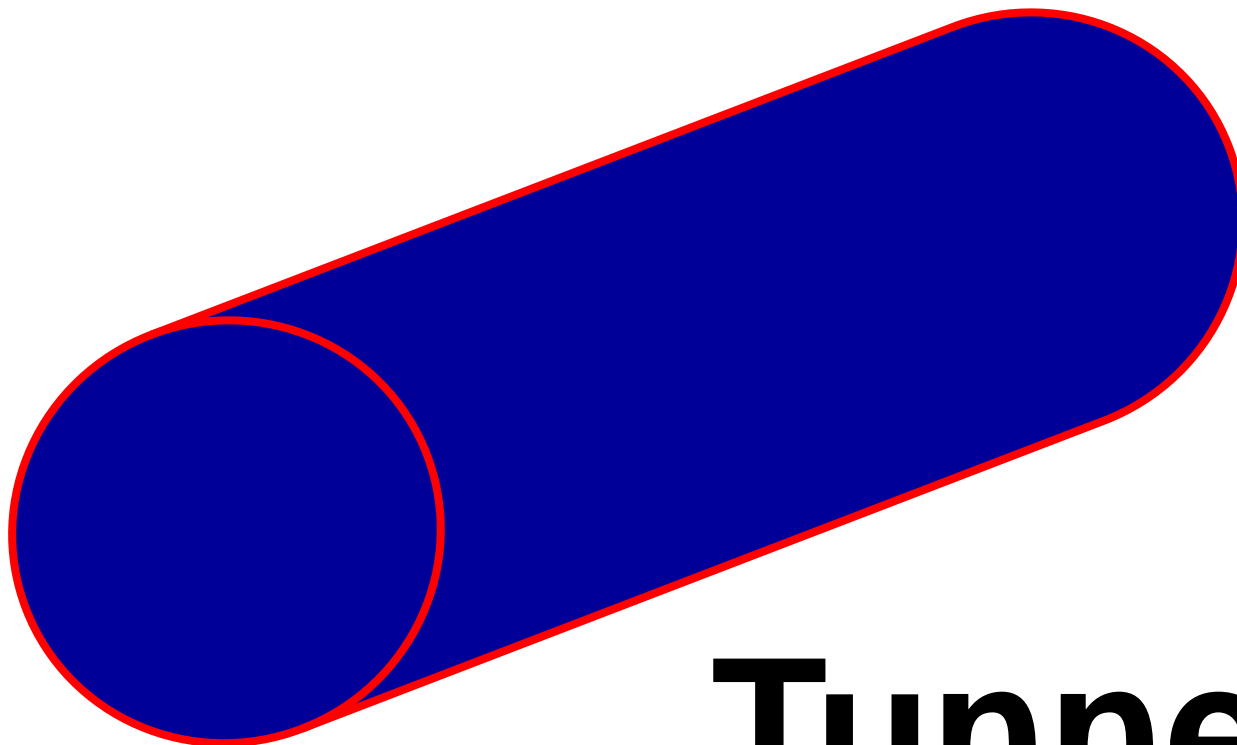
**Sitt - Stå -
Dekk**



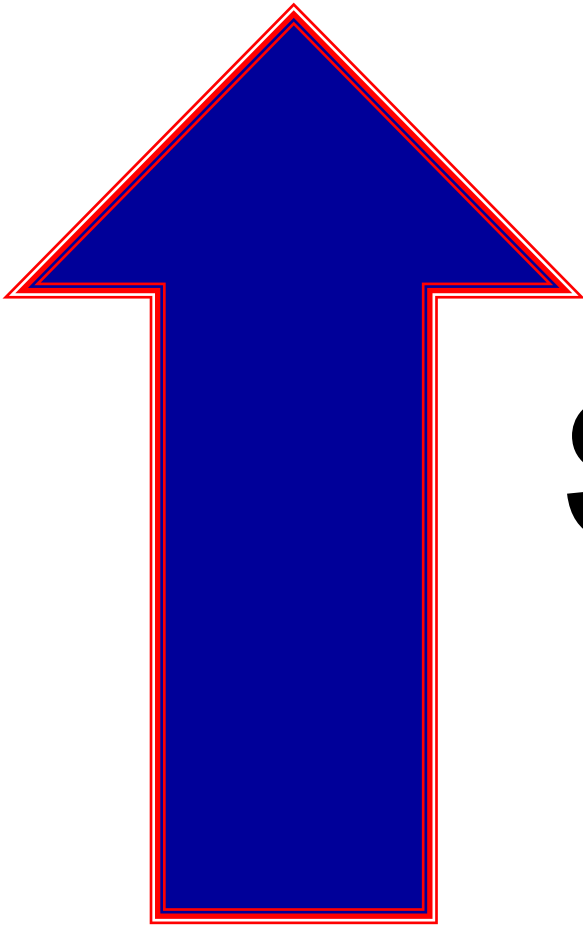


**Rygg 3 steg
bakover**

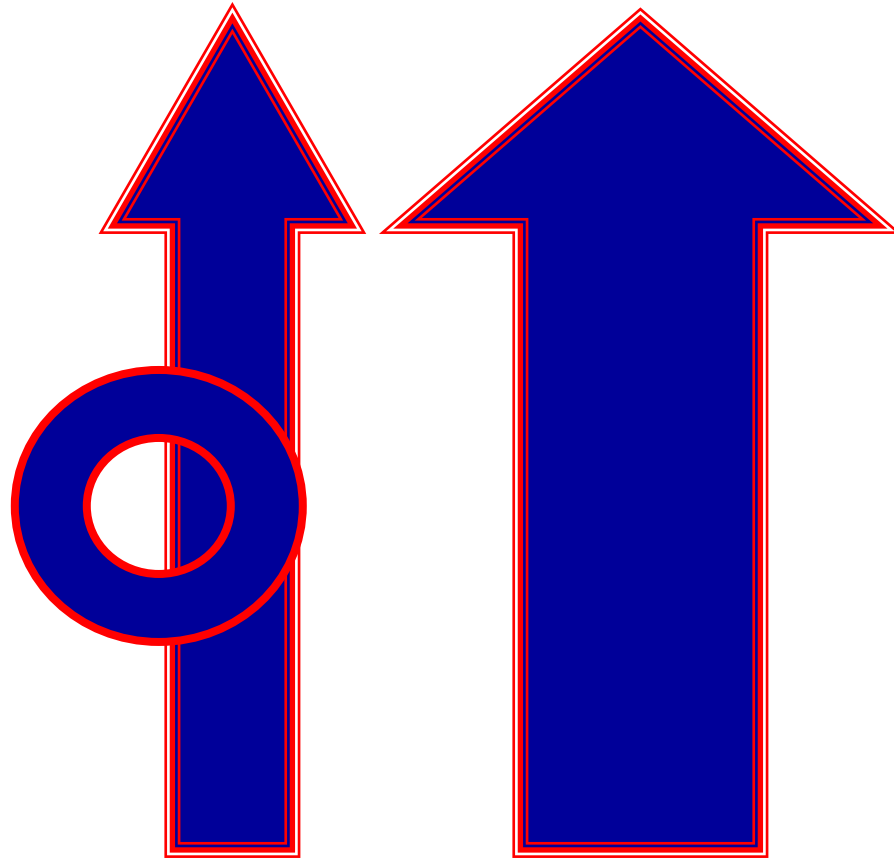
Lengde- hopp



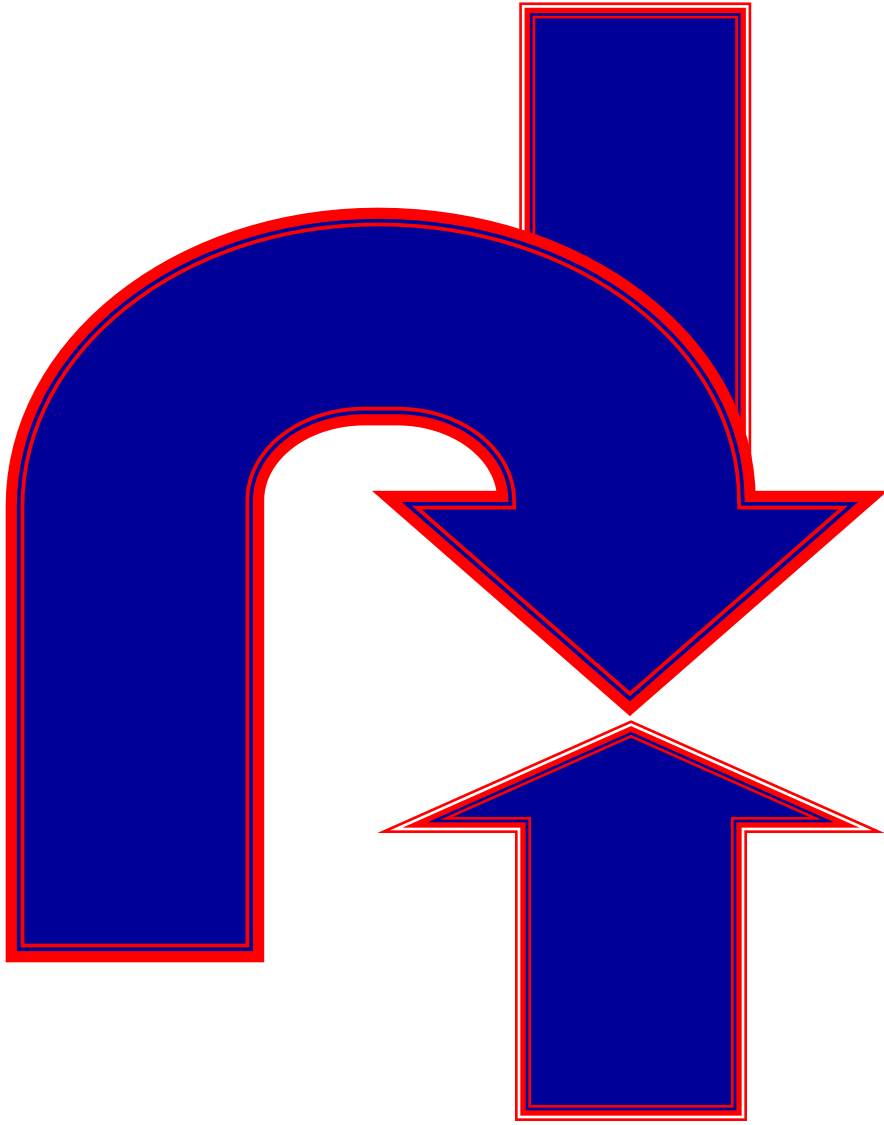
Tunnel



**Send over
2 hopp**

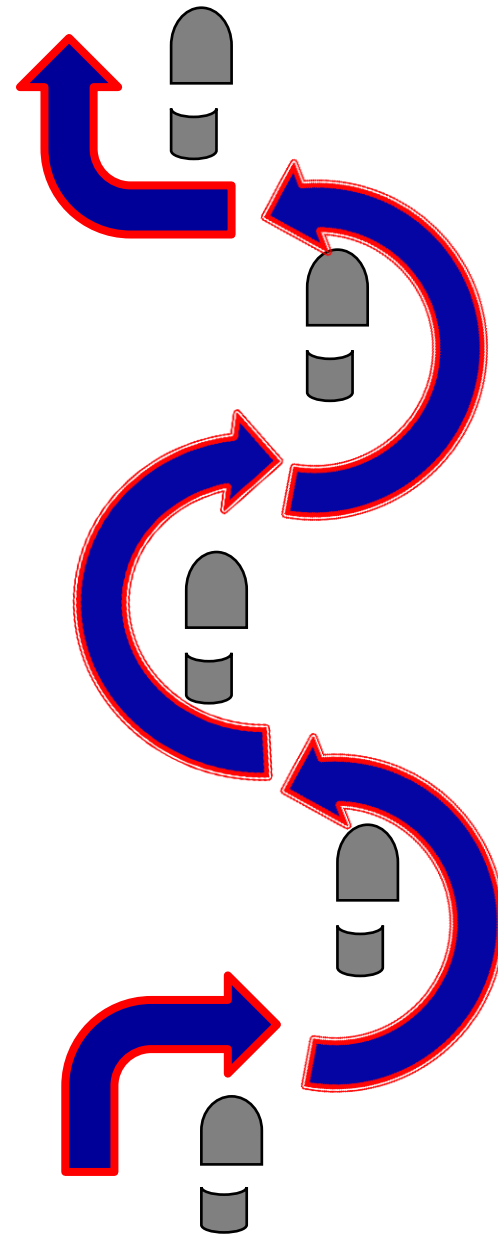


Snurr under marsj



**Inn i
front
og rygg**

Sikk-Sakk





**Gå tilbake
rundt
hunden**





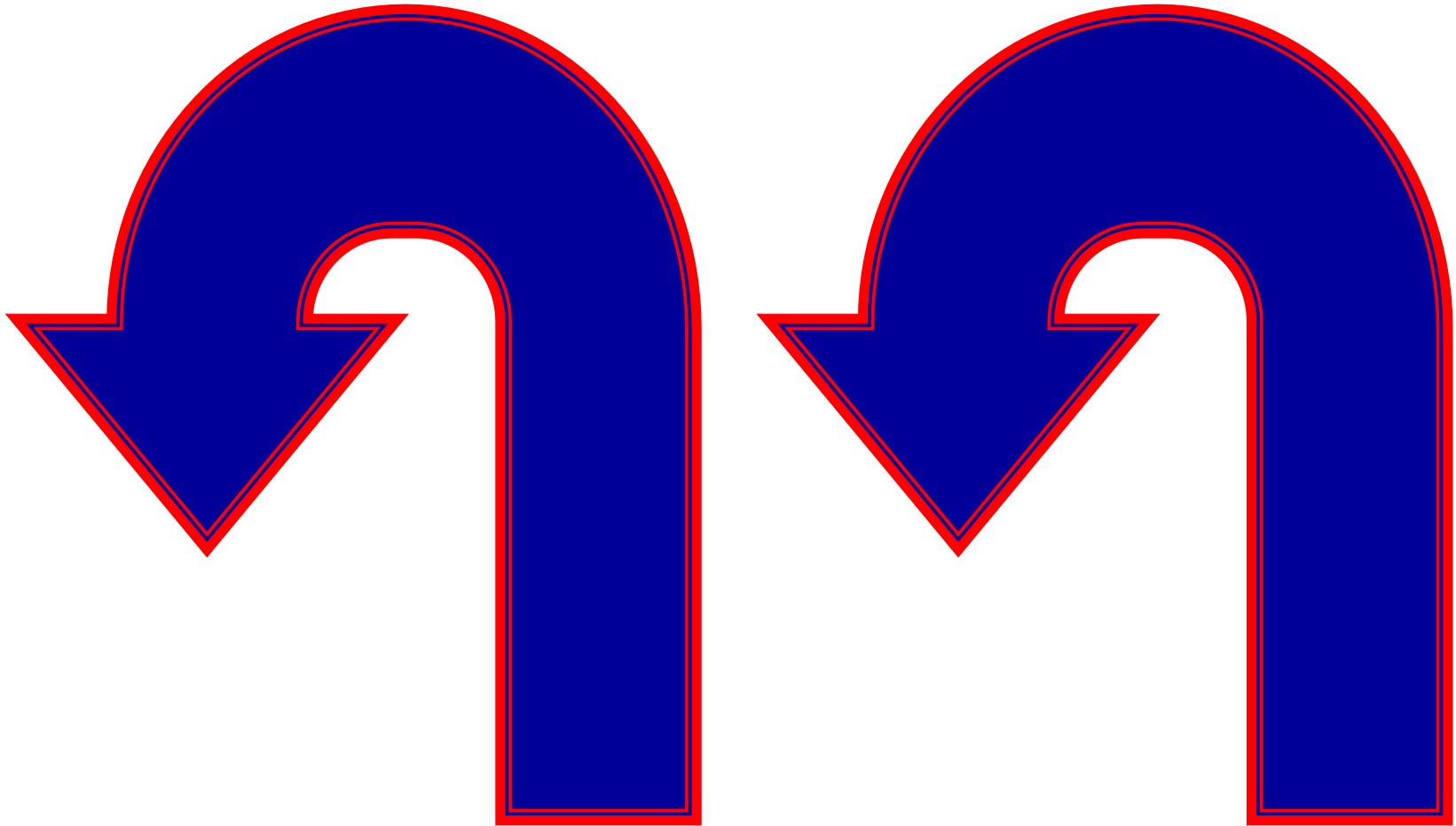
Sitt

1 steg direkte stå

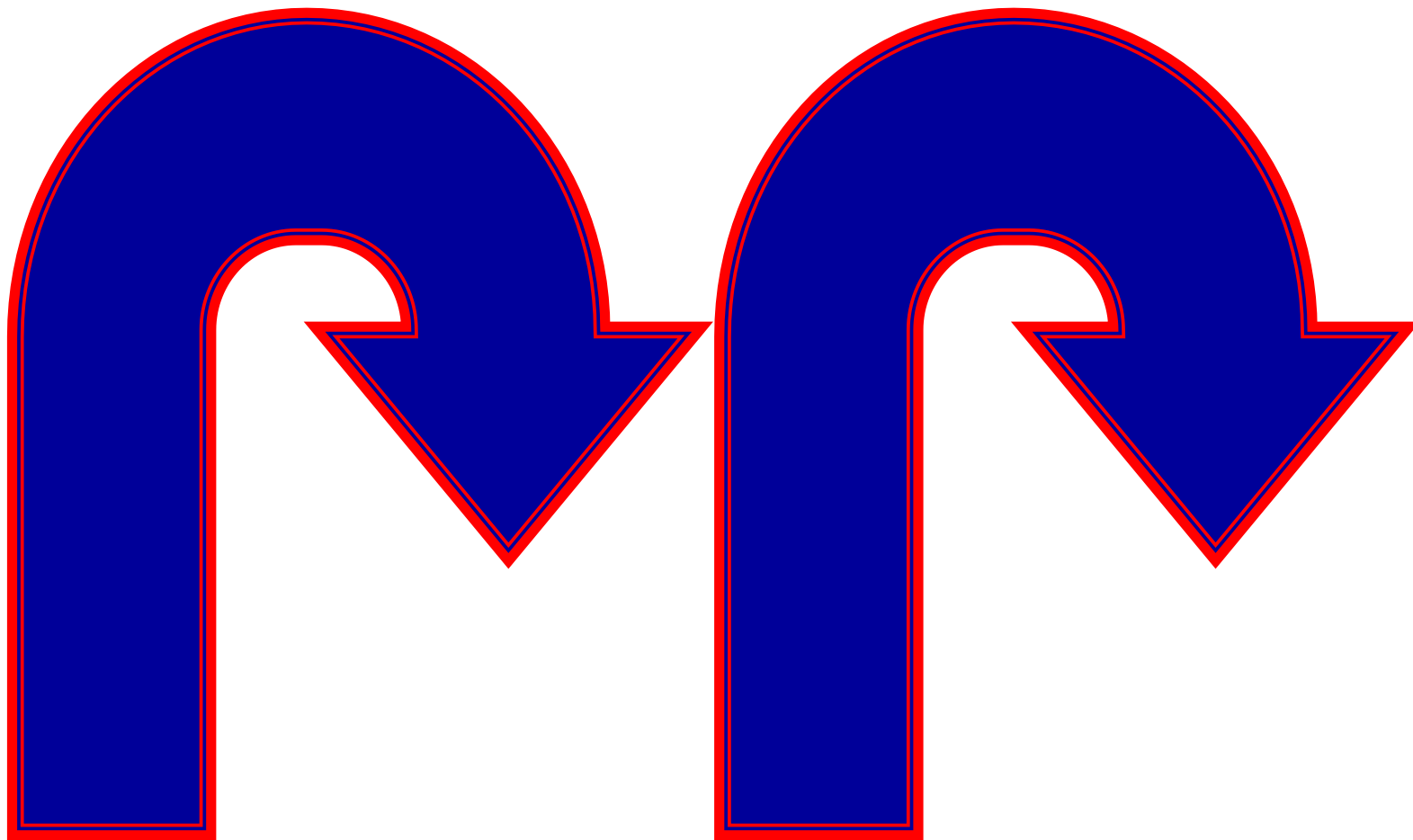
2 steg sitt



3 steg direkte dekk

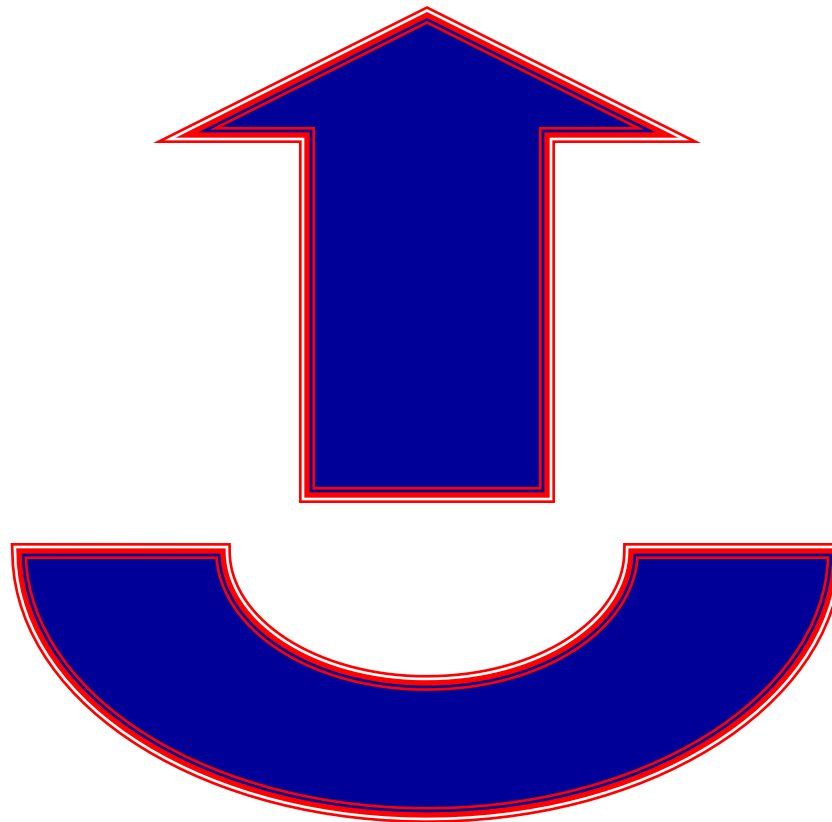


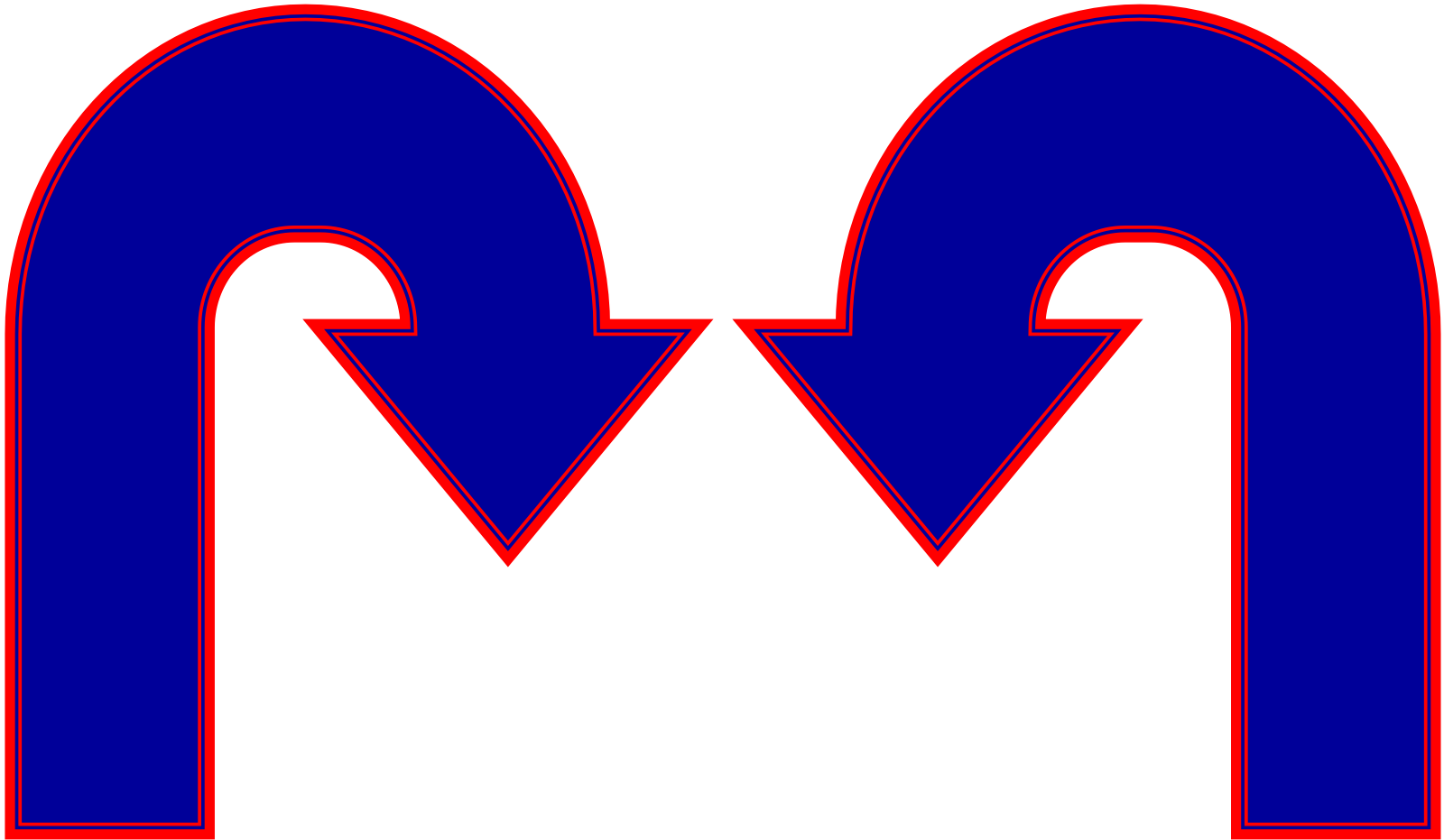
Synkron venstre



Synkron høyre

Sidebytte bak





Helt om mot hverandre

Sitt – Sidebytte - Sitt

