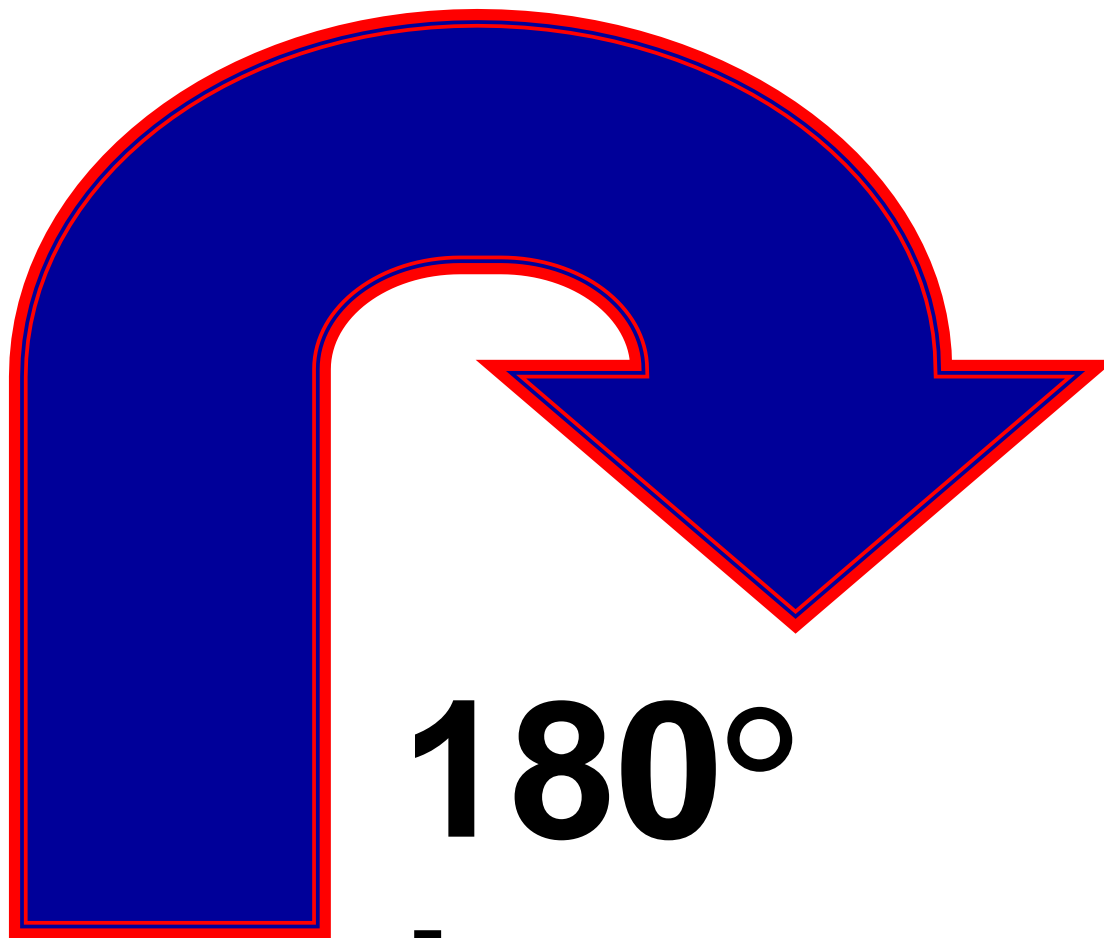


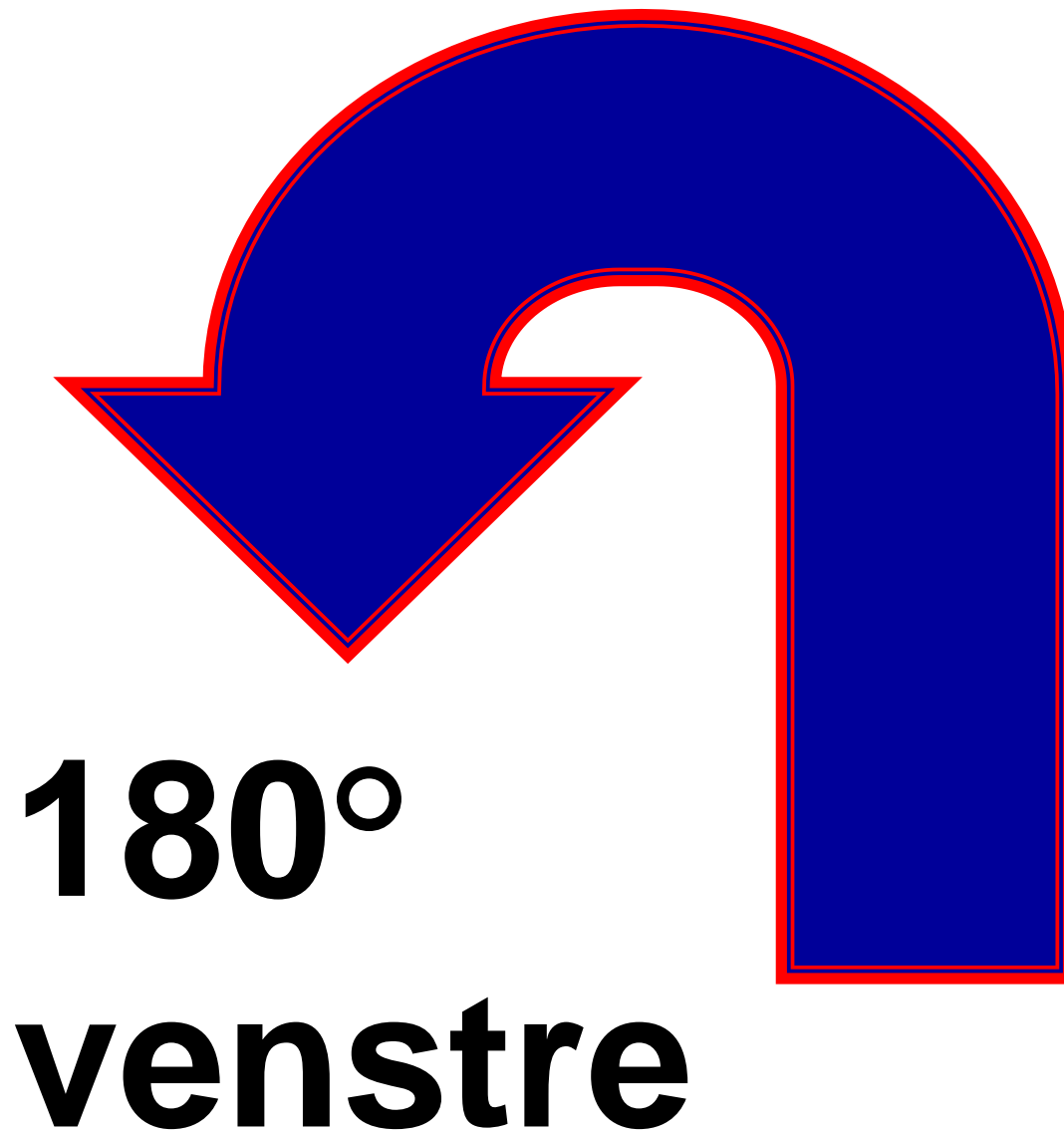


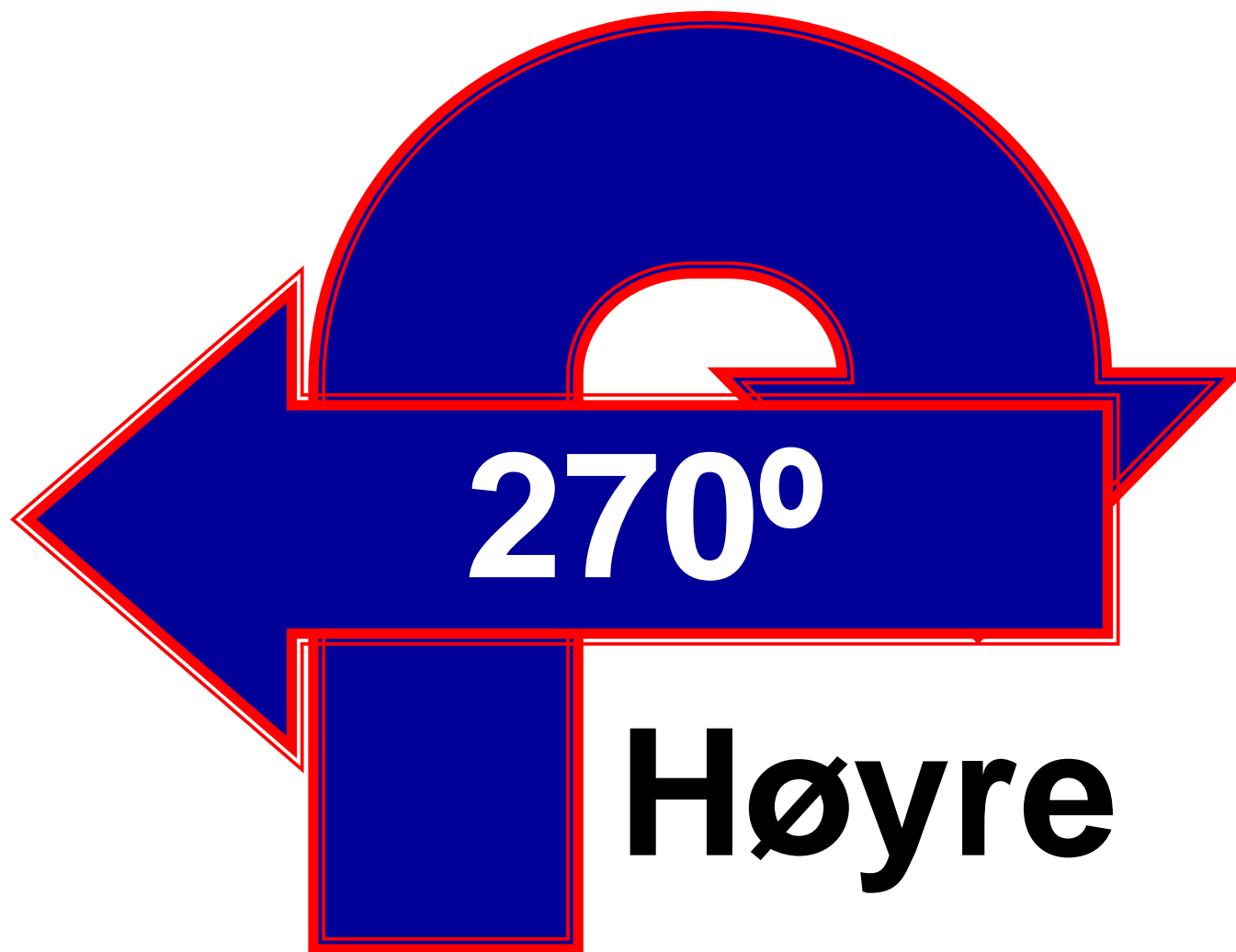
# Venstre sving

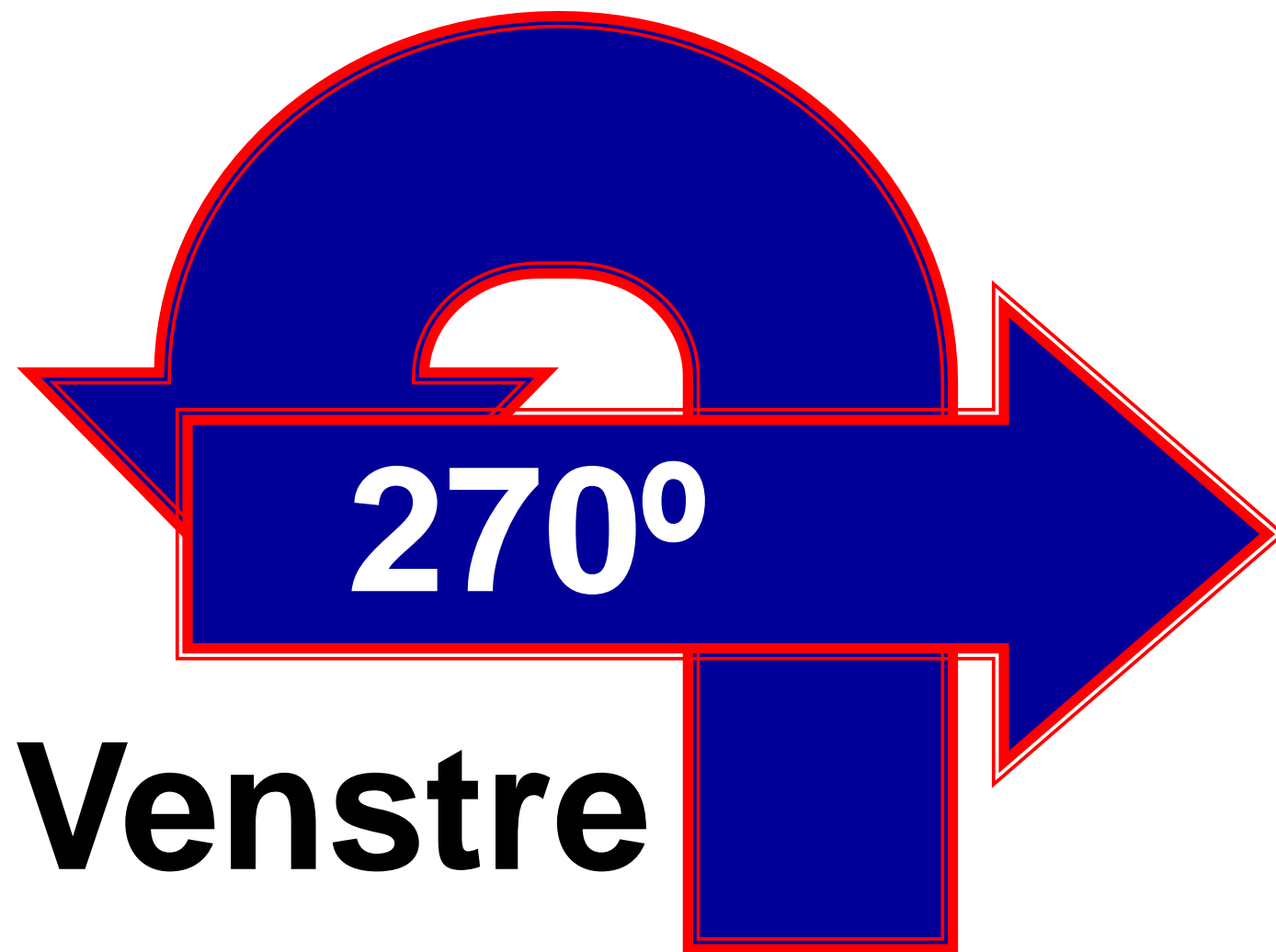


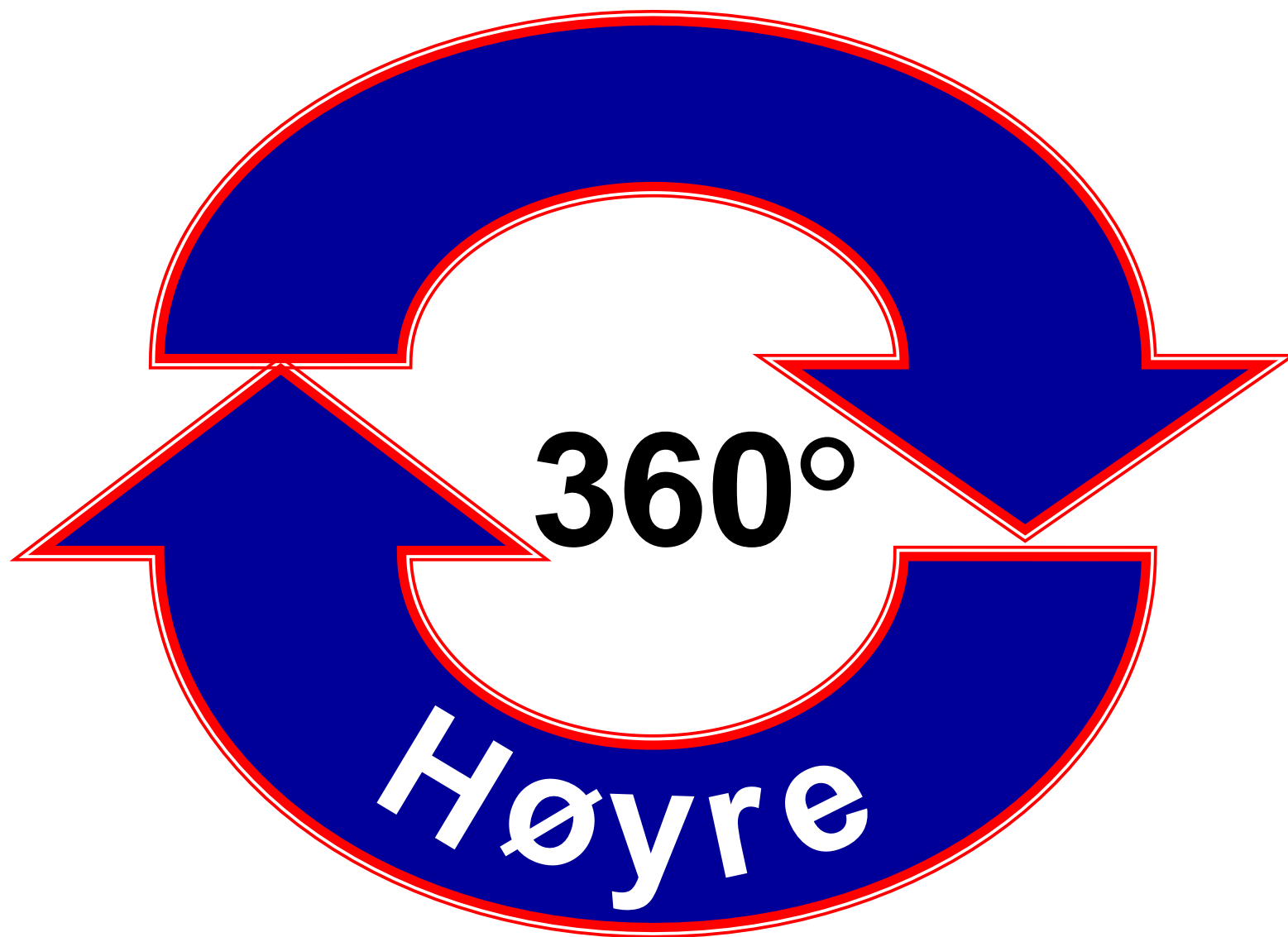
**180°  
høyre**

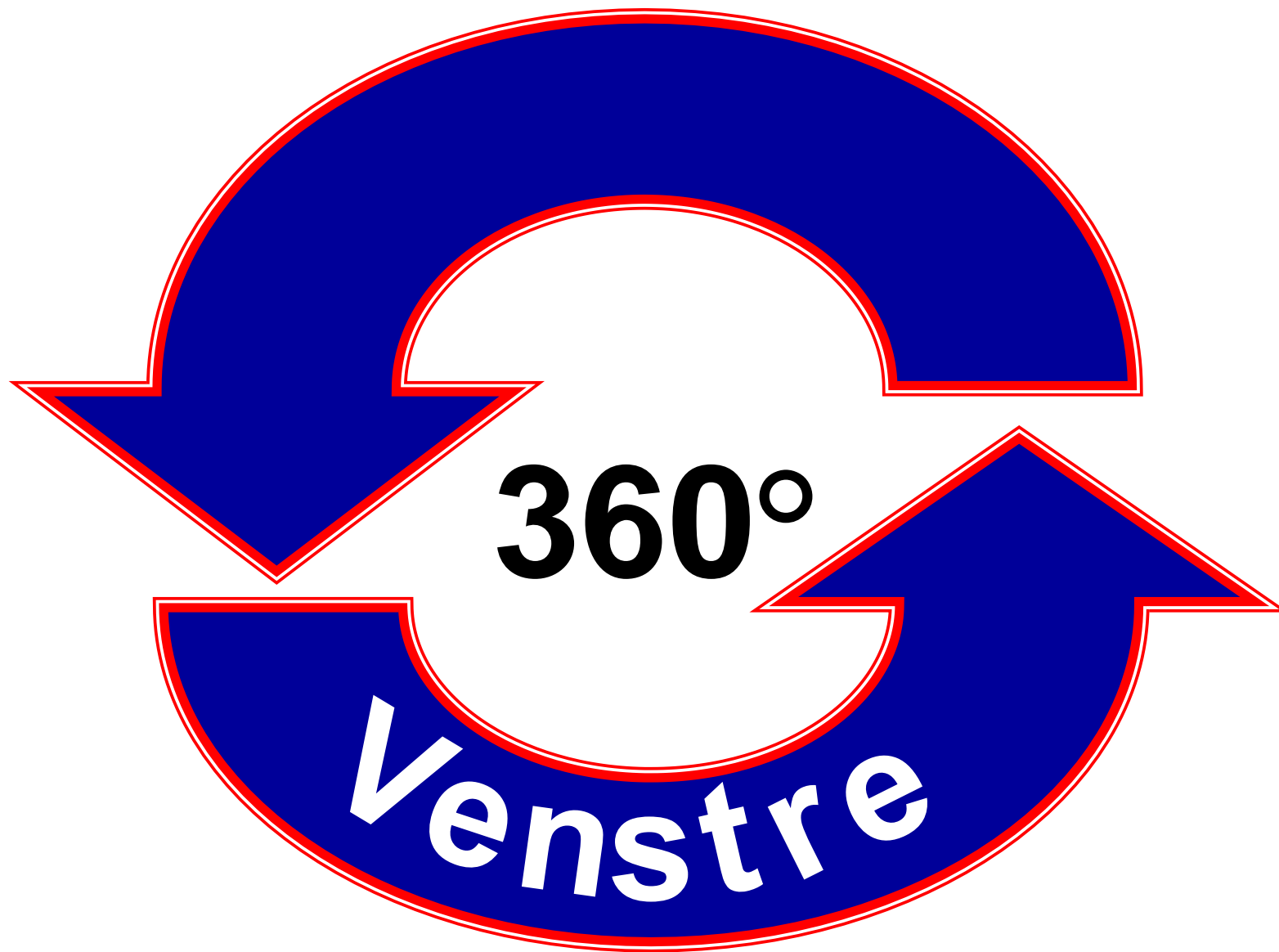


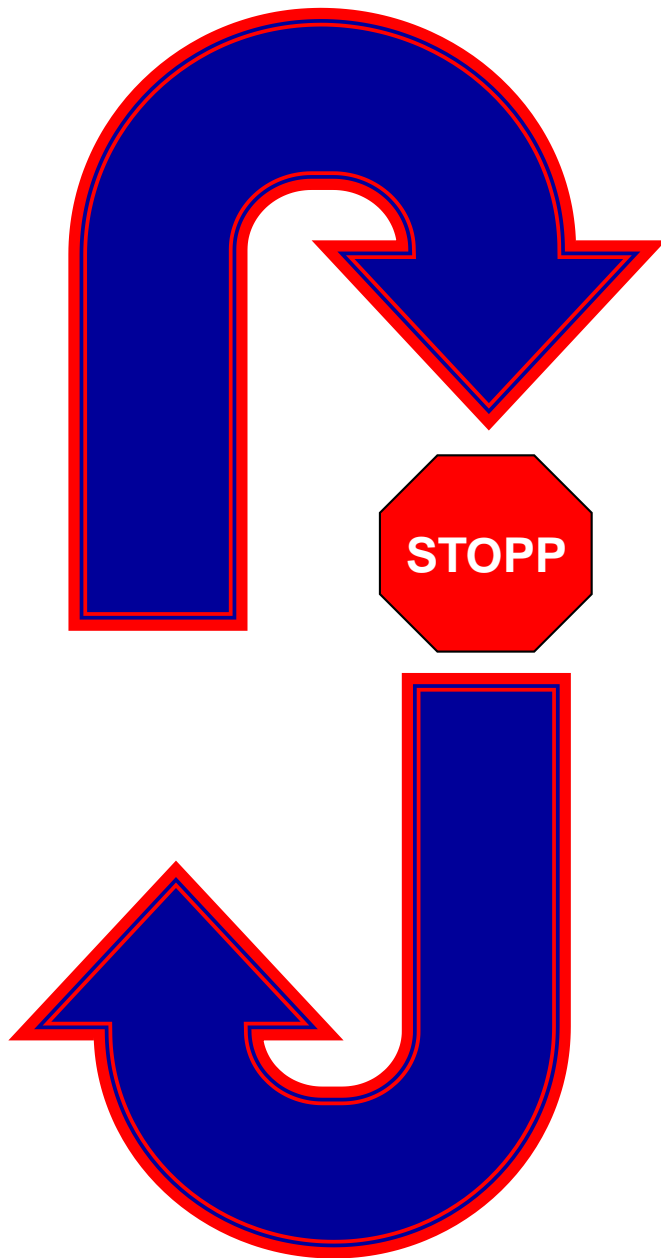




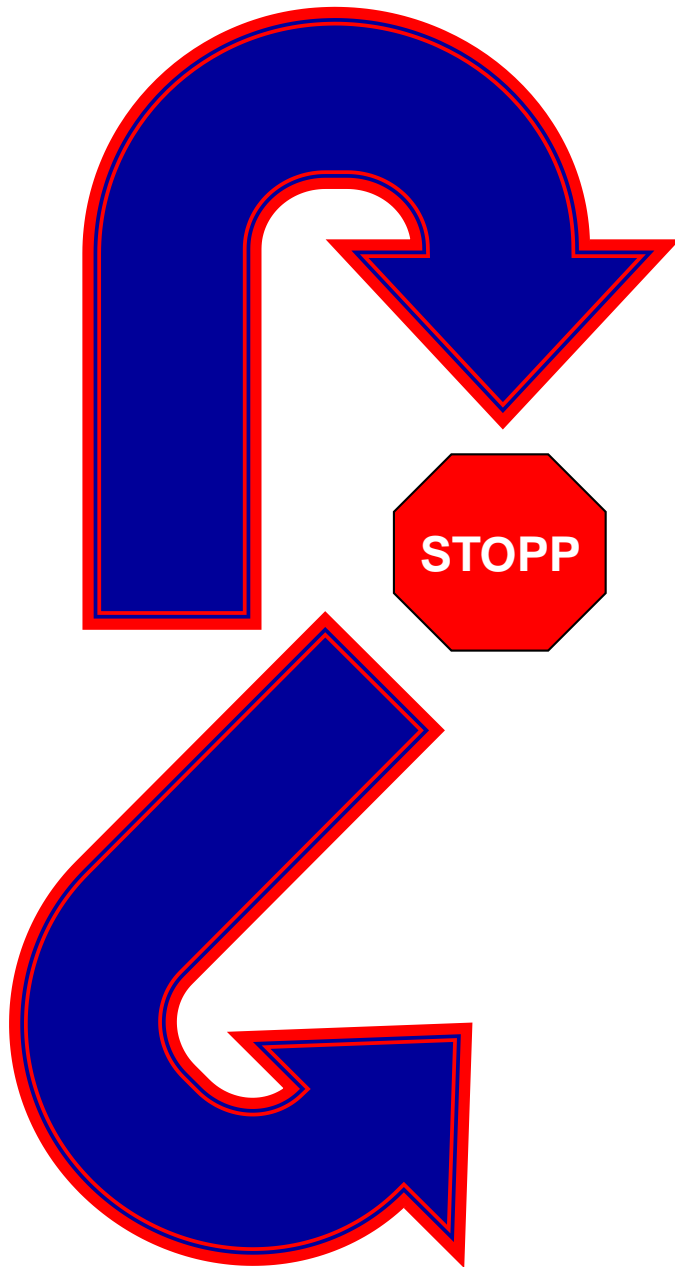




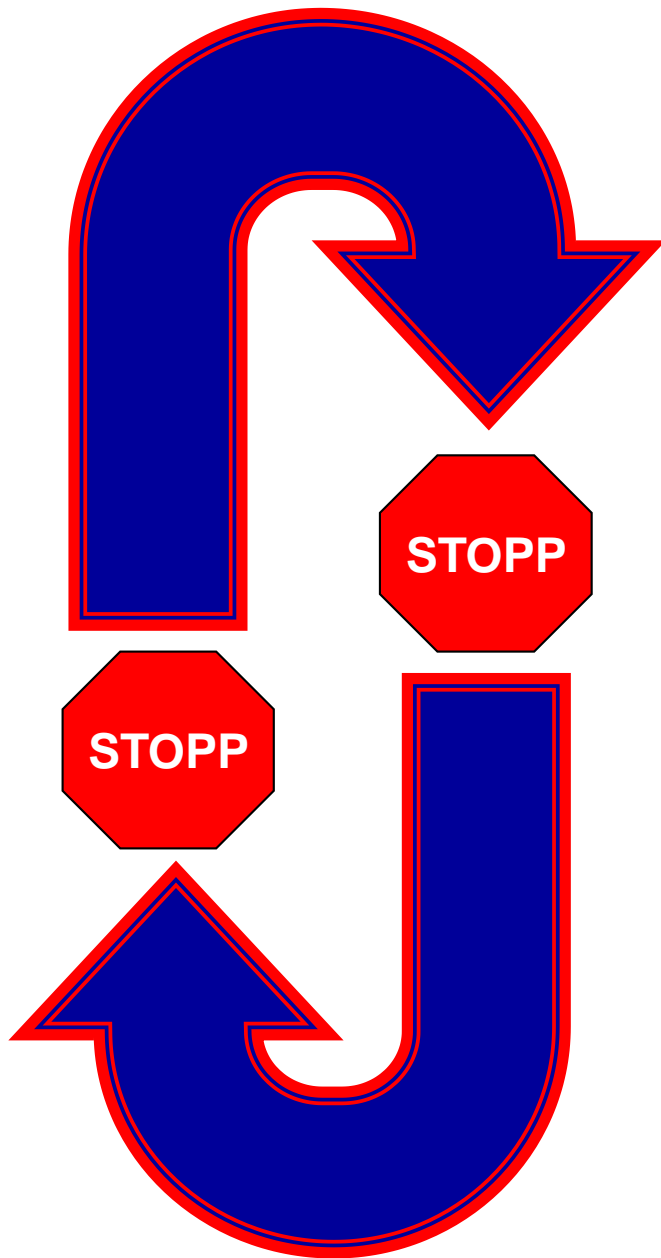




**Sitt foran-  
Høyre-  
Frem**

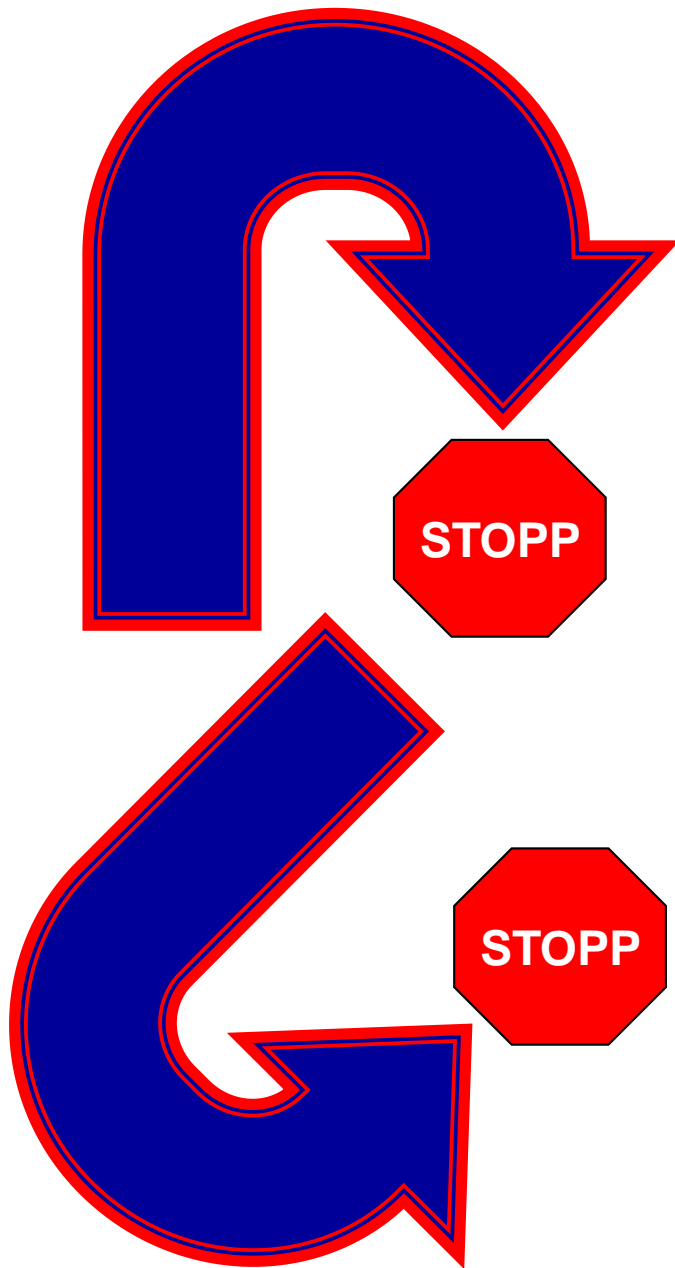


**Sitt foran-  
Venstre-  
Frem**



**Sitt foran-  
Høyre-  
Sitt**



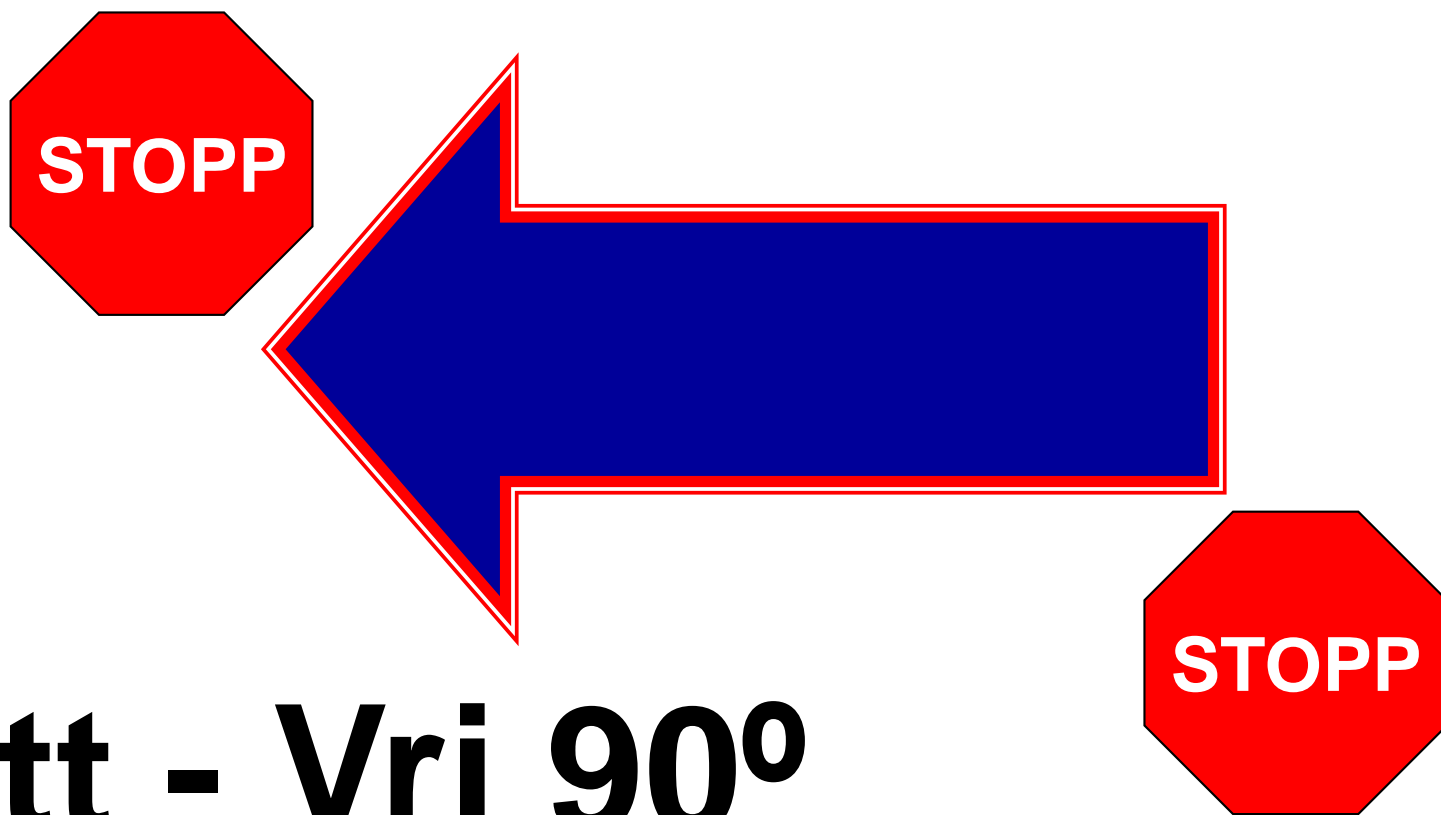


**Sitt foran-  
Venstre-  
Sitt**



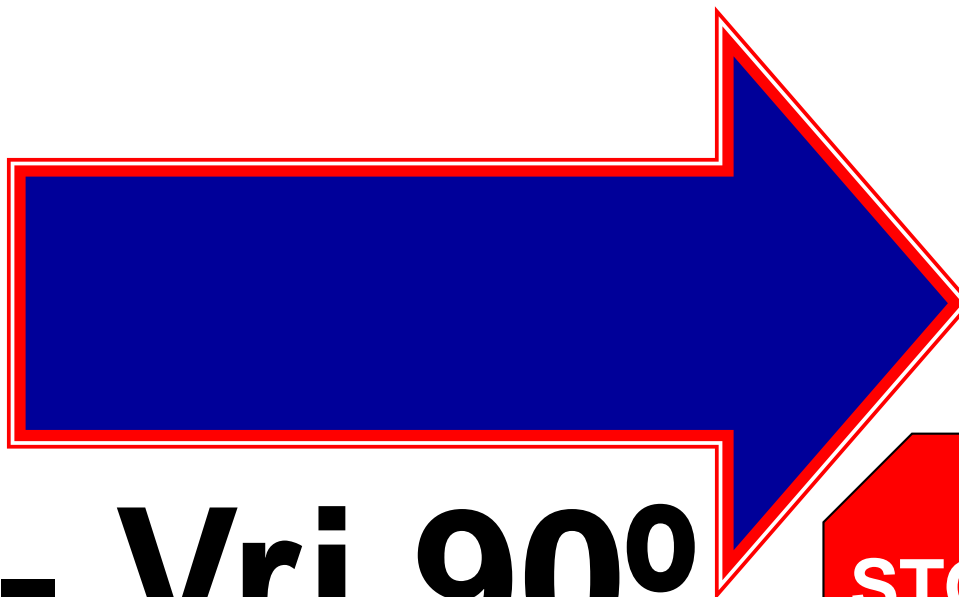




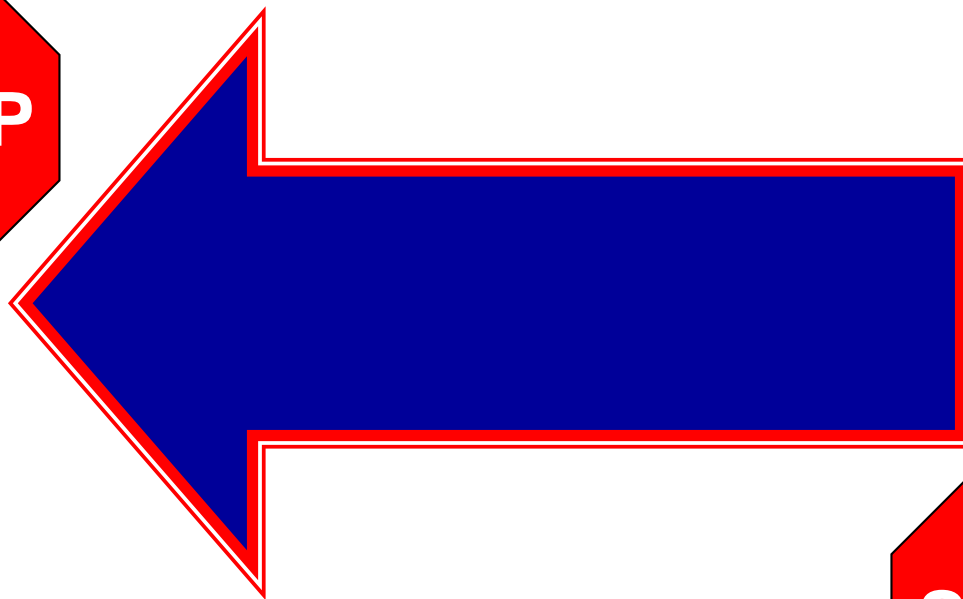


**Sitt - Vri 90°**

**venstre – 1 steg- Sitt**

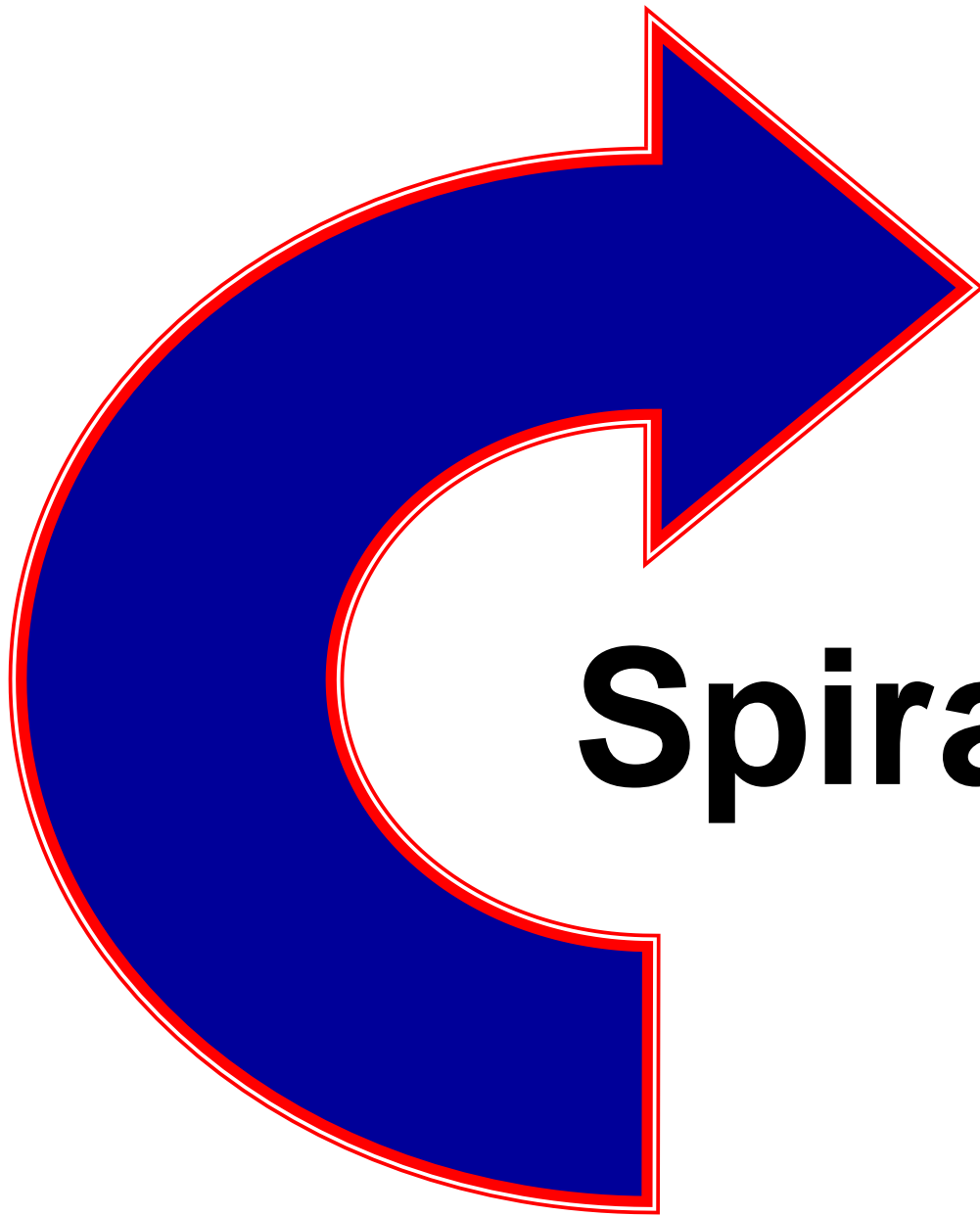


**Sitt - Vri 90°  
høyre - Sitt**



**Sitt - Vri 90°**

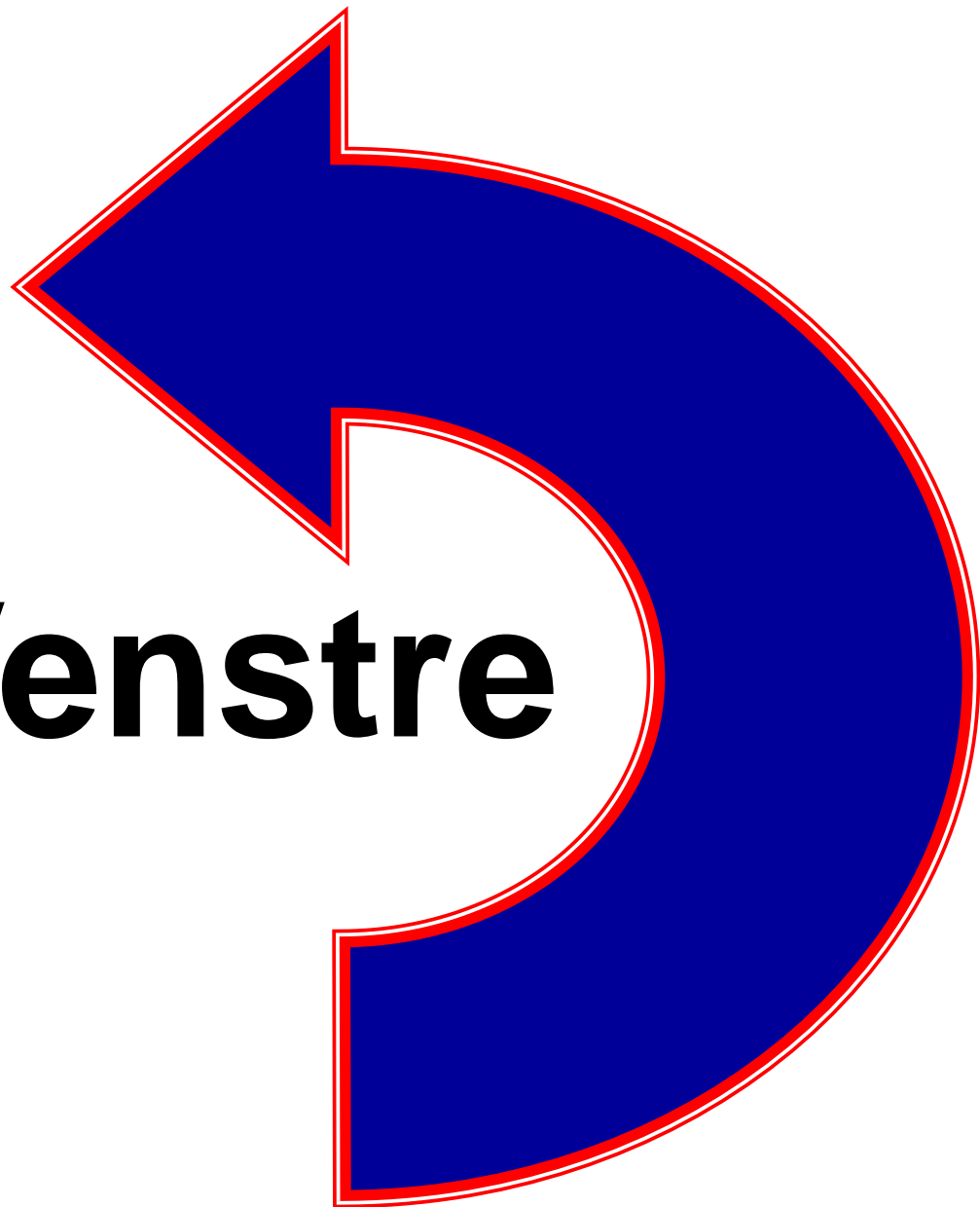
**venstre - Sitt**



# Spiral Høyre



# Spiral Venstre





# Sitt

1 steg sitt

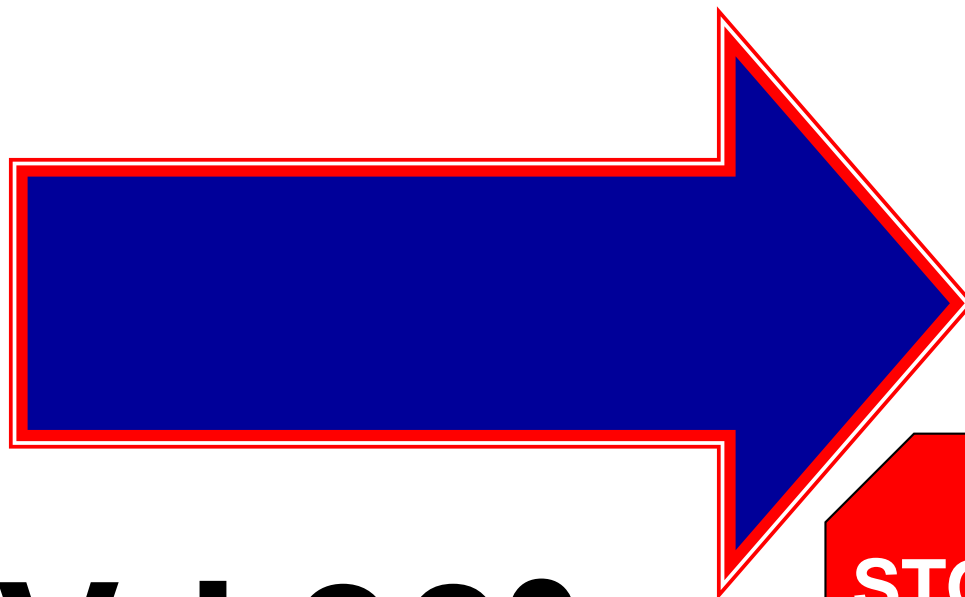


2 steg sitt



3 steg sitt

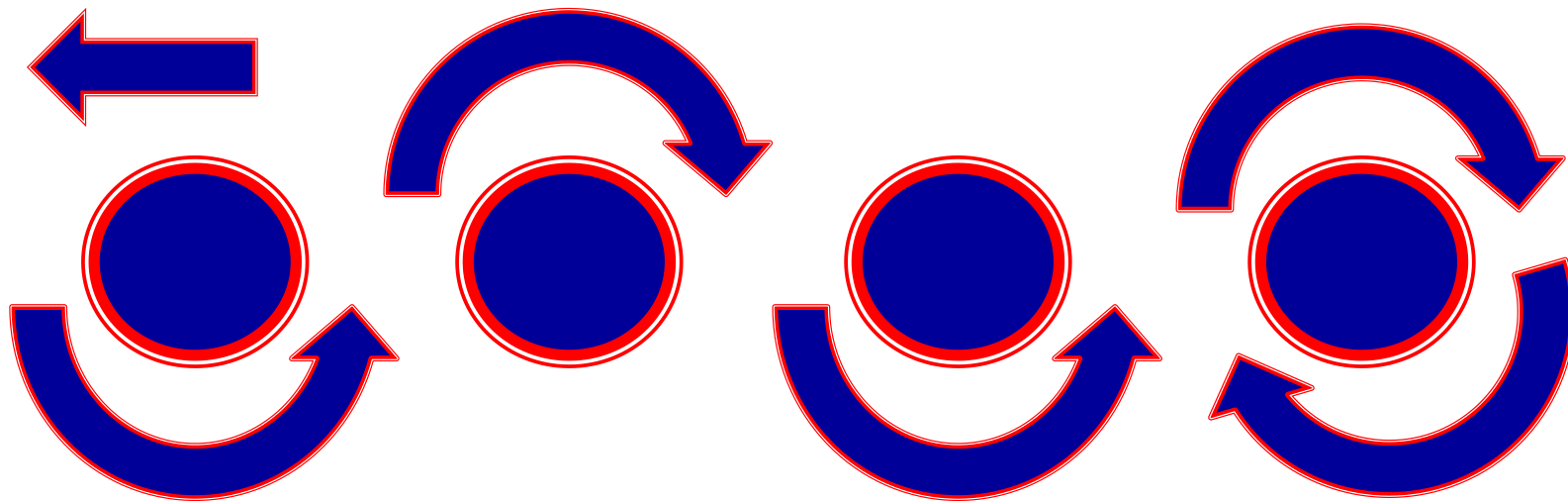




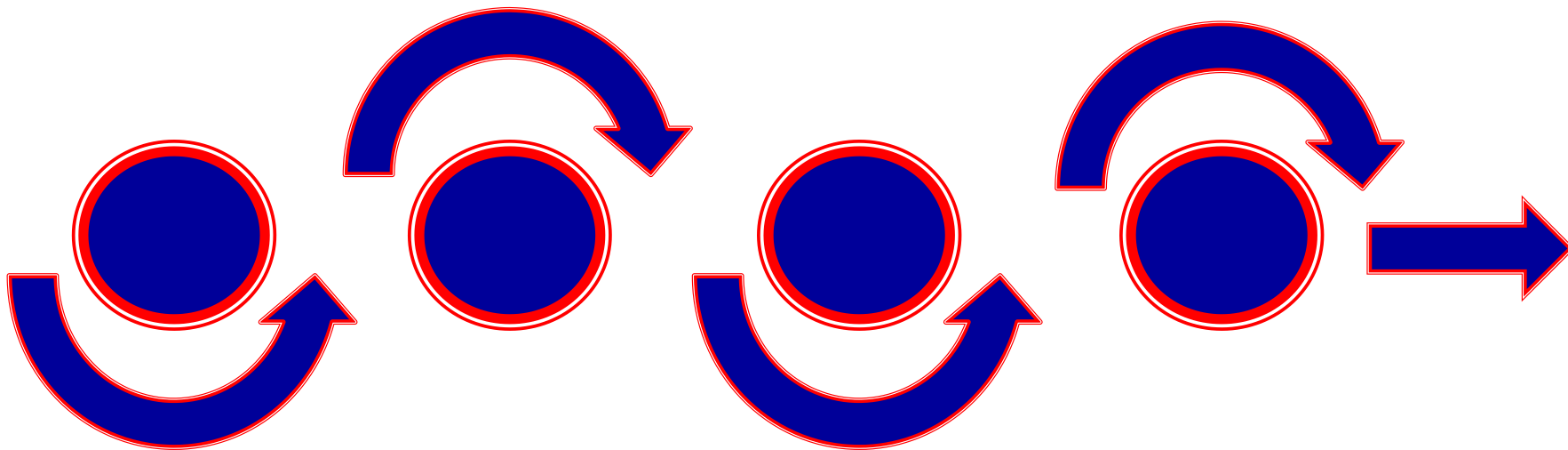
**Sitt - Vri 90°**

**høyre - 1 steg - Sitt**

# Dobbel Slalåm



# Enkel Slalåm



# Helomvending

