
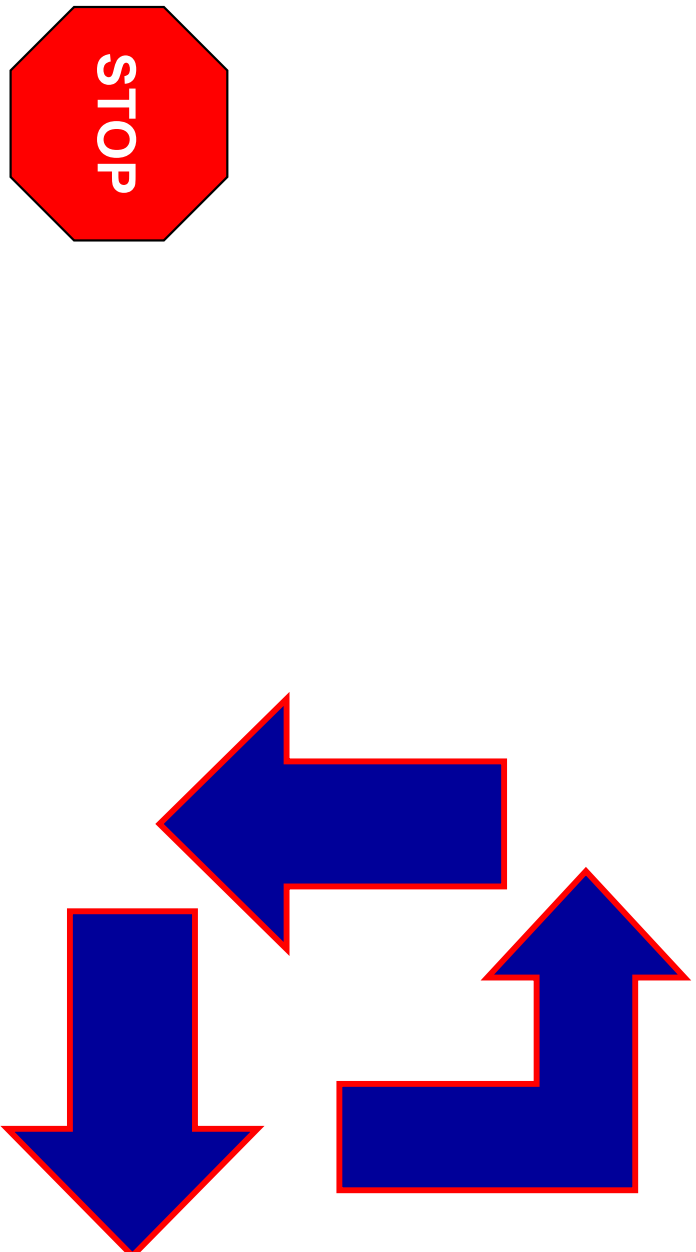


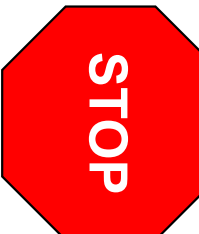
Vri 90° høyre, stå

Vri 90° høyre 

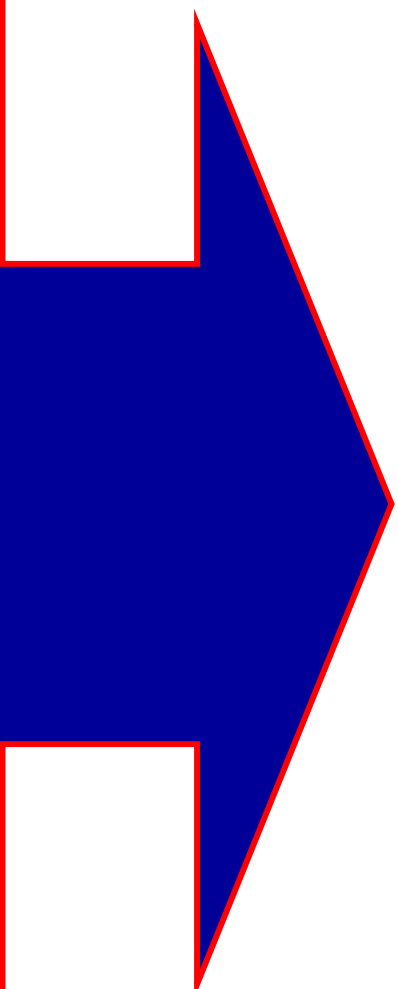
Vri 90° høyre, dekk



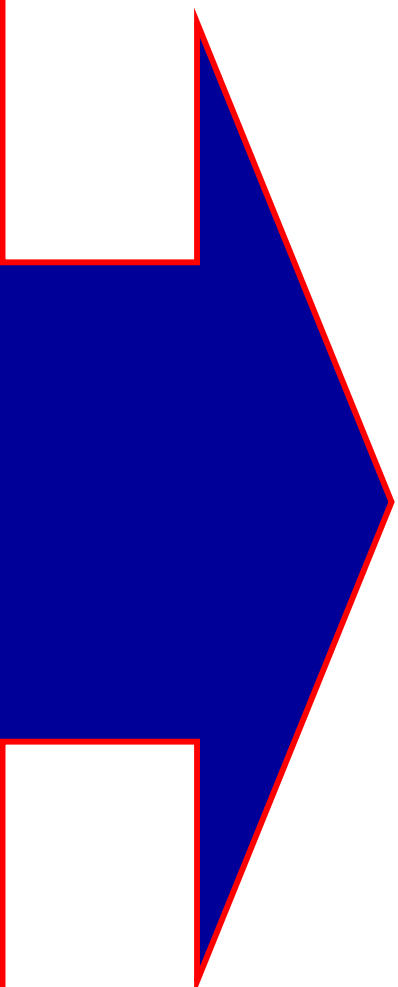
Vri 90° venstre, stå

Vri 90° venstre 

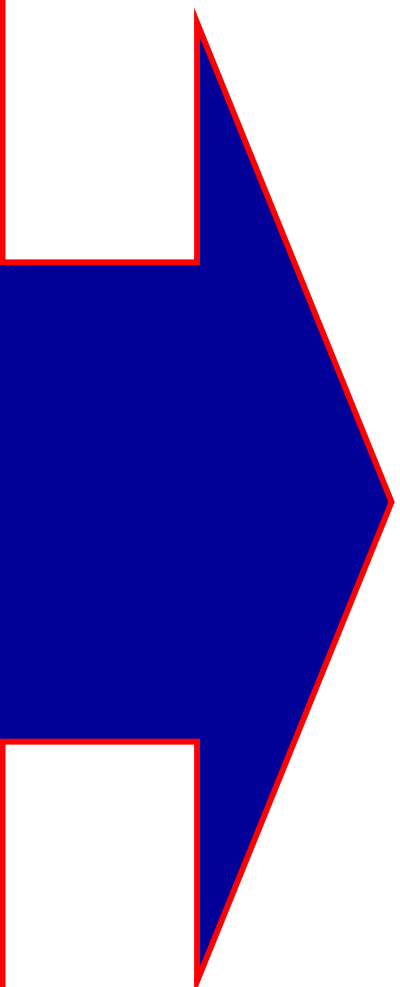
Vri 90° venstre, dekk



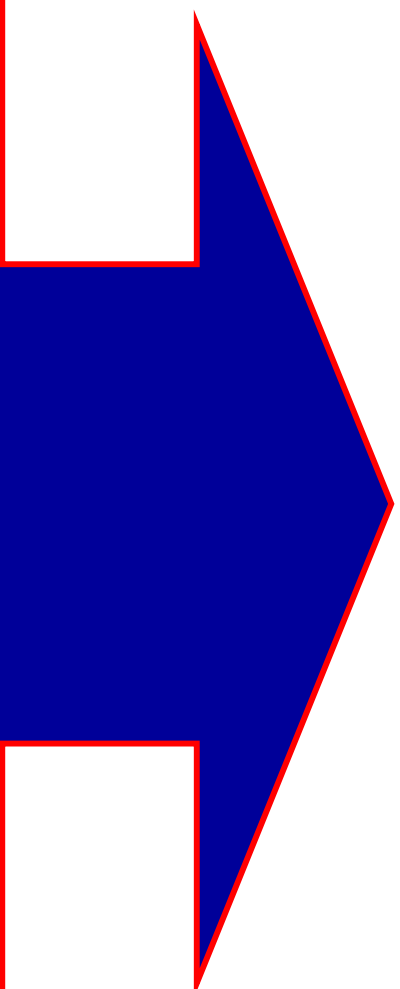
**Sitt undermarsj
Gå rundt**



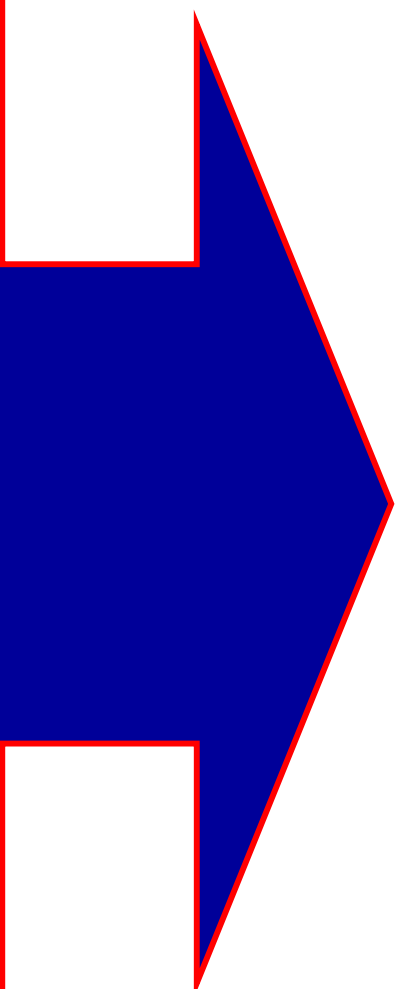
Dekk under marsj Avstandskommando



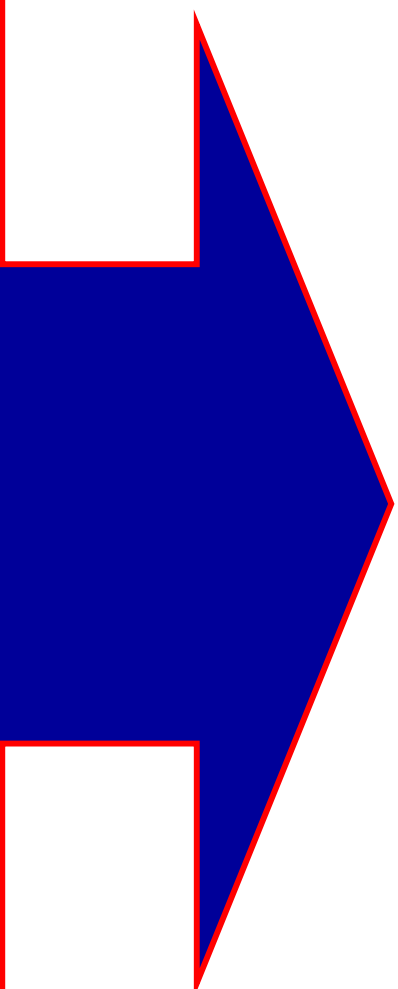
**Stå under marsj
Avstandskommando**



**Sitt under marsj
Kall inn i fart**

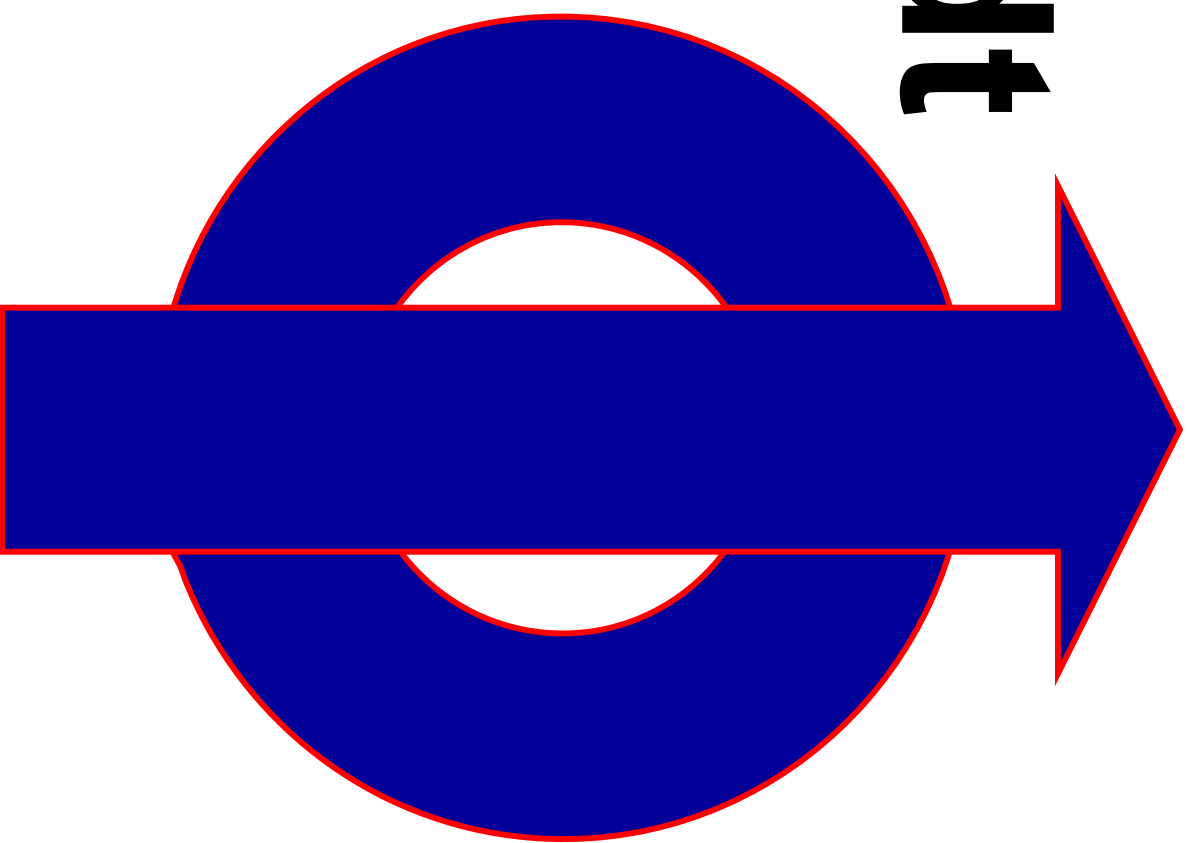


**Dekk under marsj
Kall inn i fart**

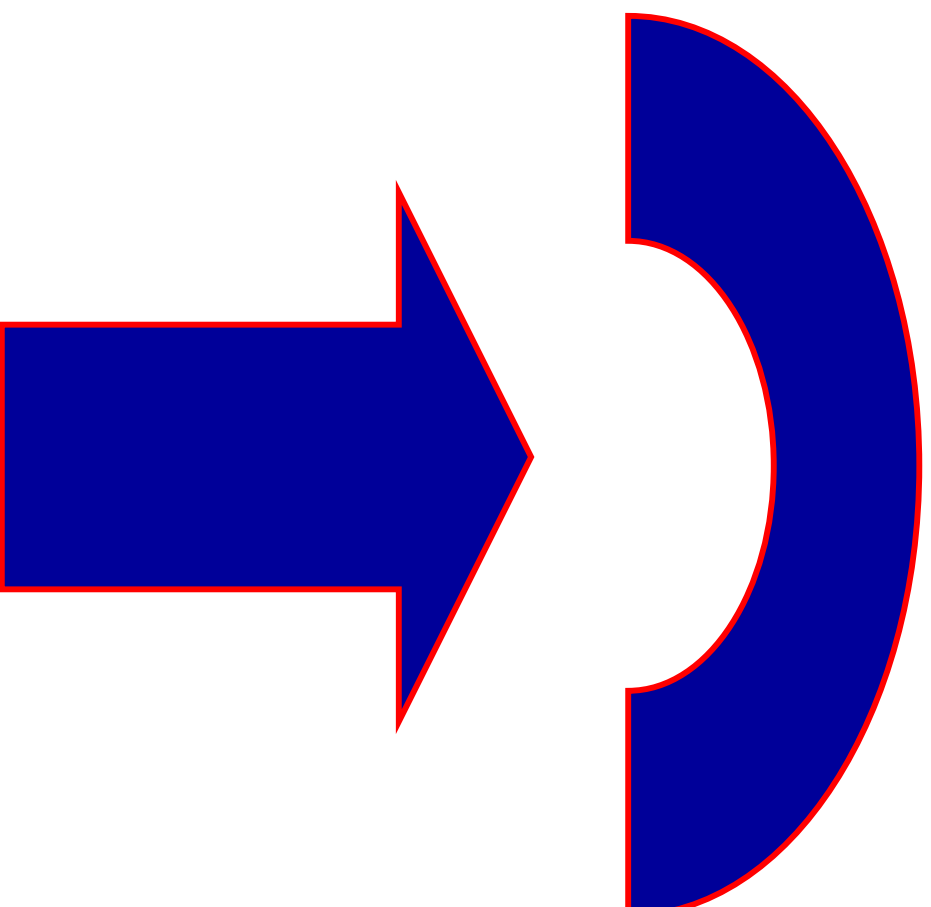


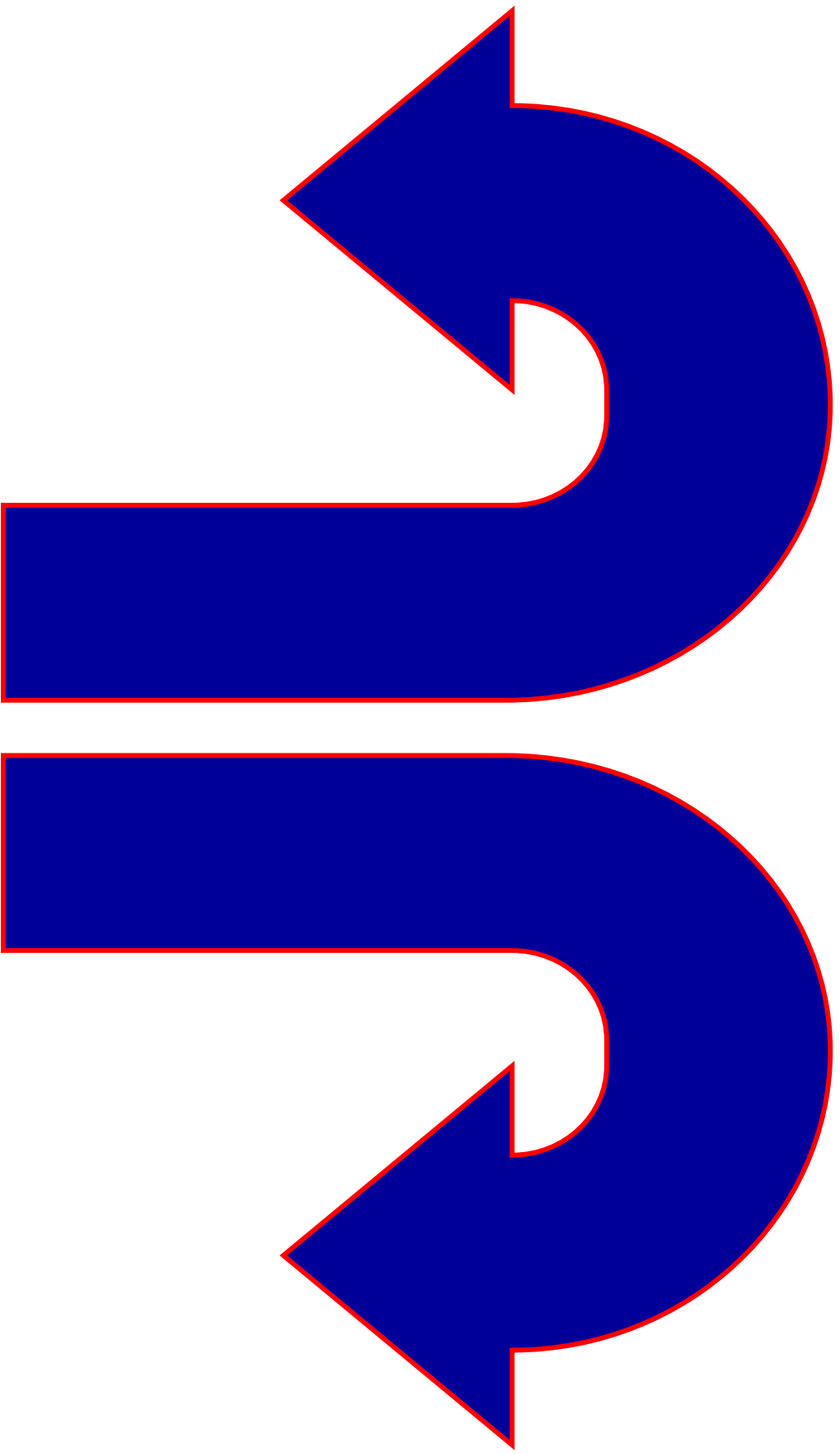
**Stå under marsj
Kall inn i fart**

**360° rundt
fører
under
marsj**

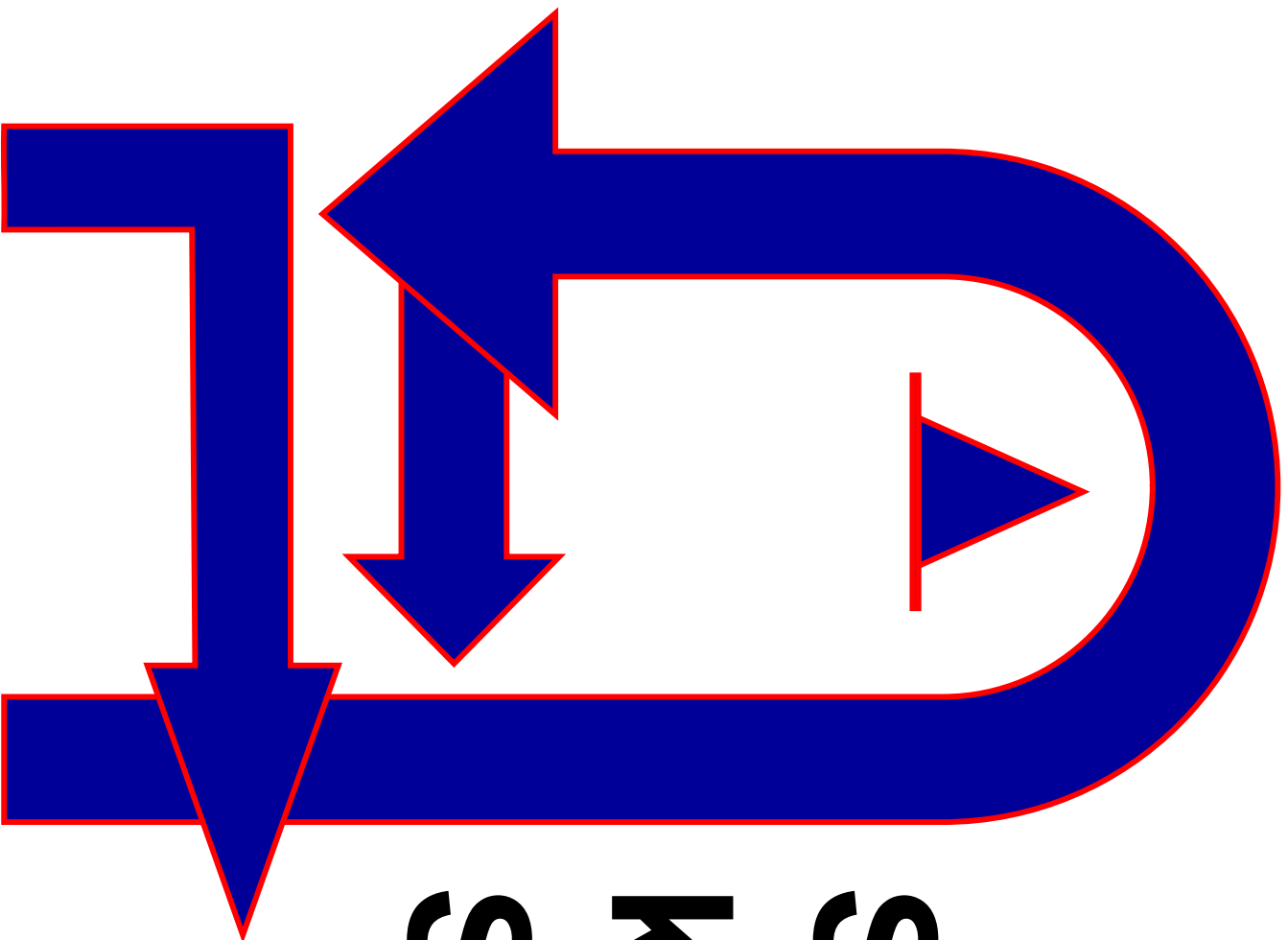


Sidebyte foran





Helt om fra hverandre

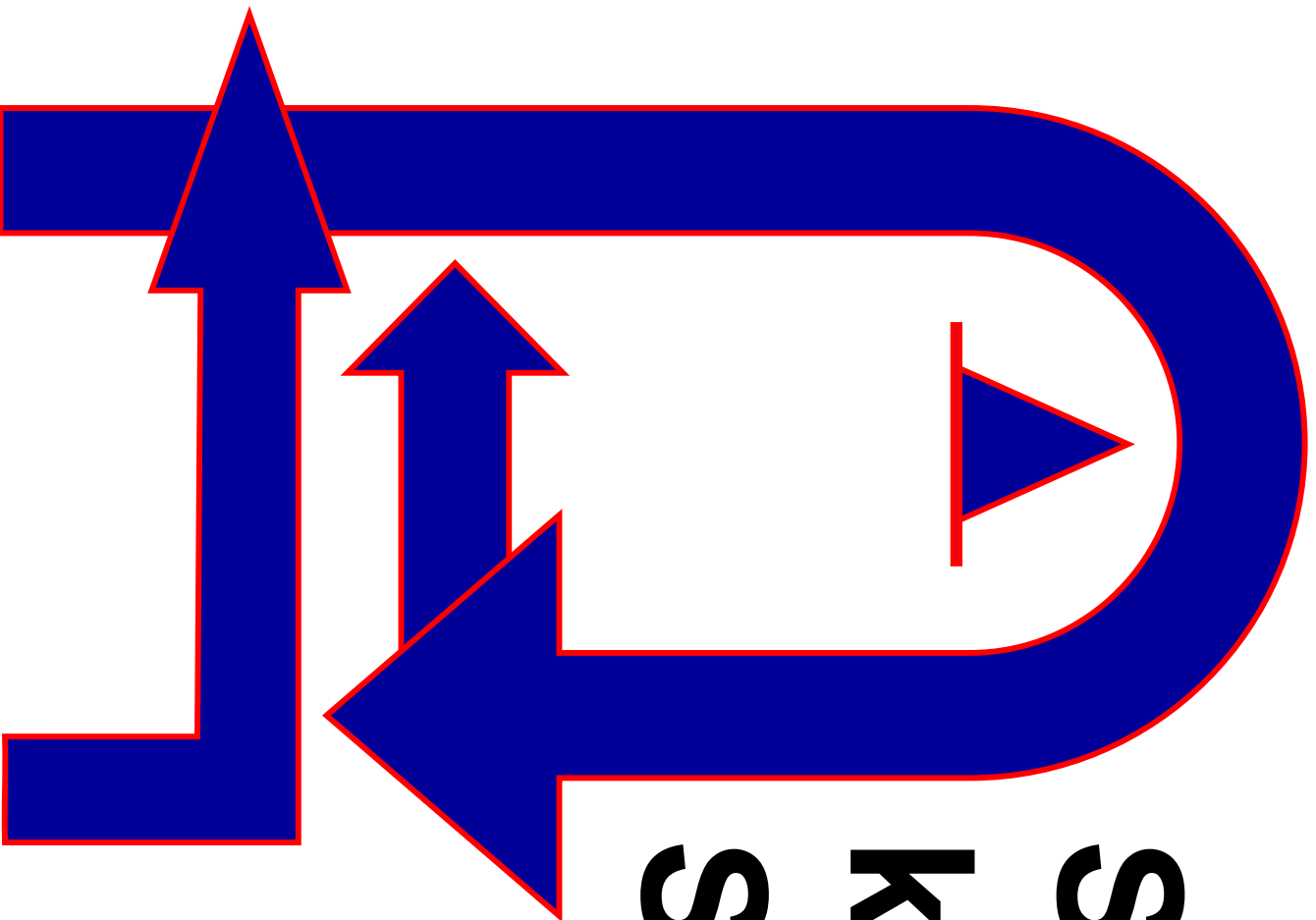


Send rundt

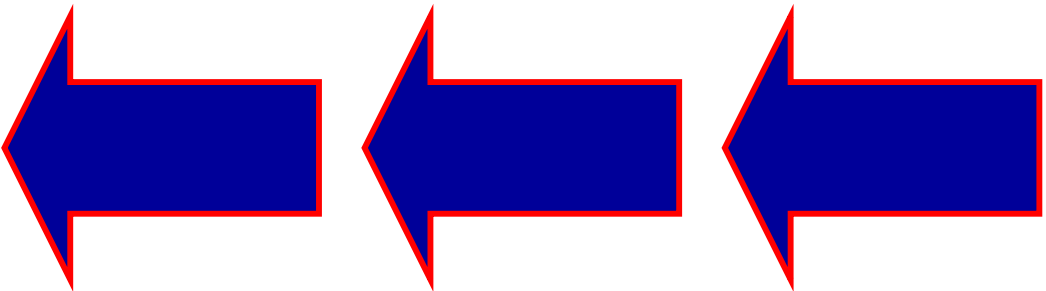
kjegle

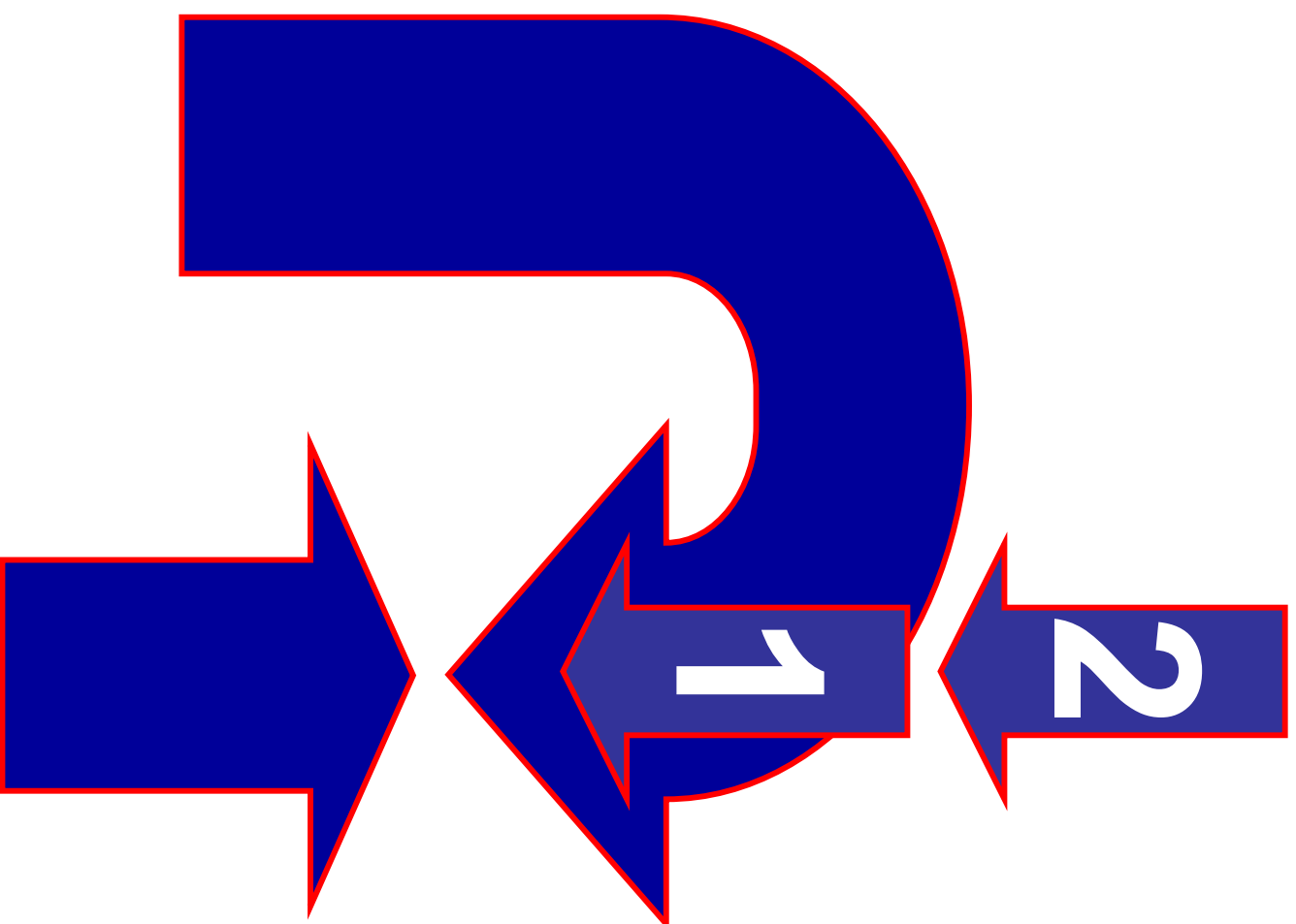
Sving høyre

**Send rundt
kjegle
Sving venstre**



Rygge 3 steg

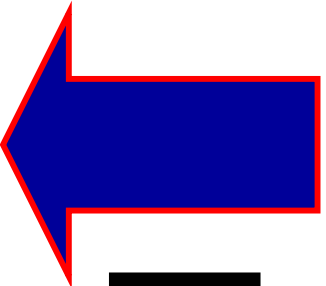


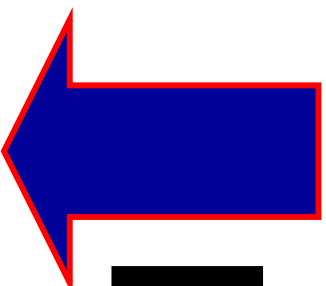



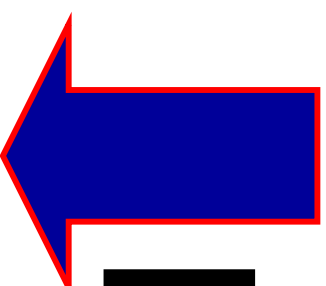
Inn i front

Rygg



 Rygg 1 steg, stå

 Rygg 2 steg 

 Rygg 3 steg, dekk

Fremnadsending med stå

