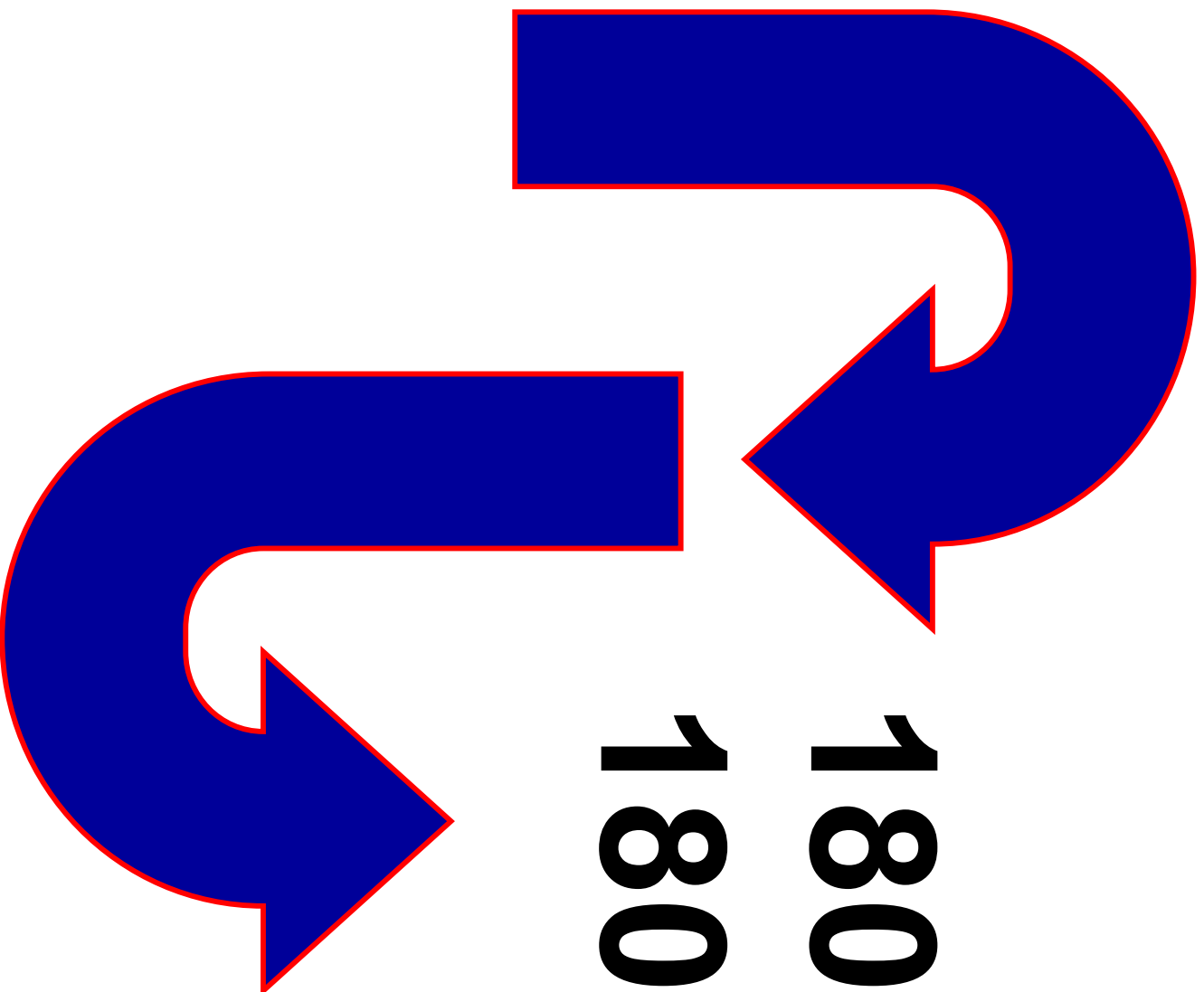
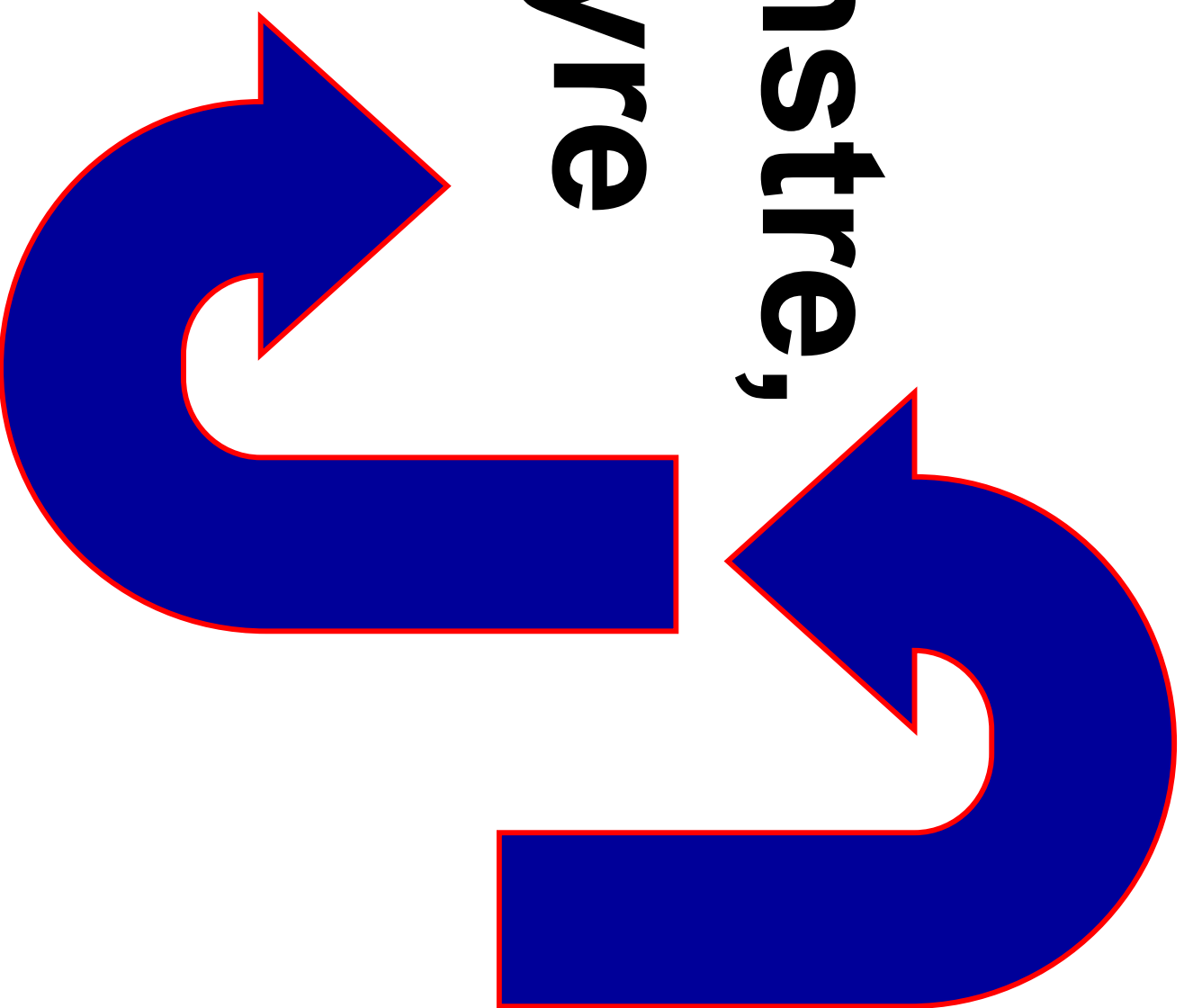
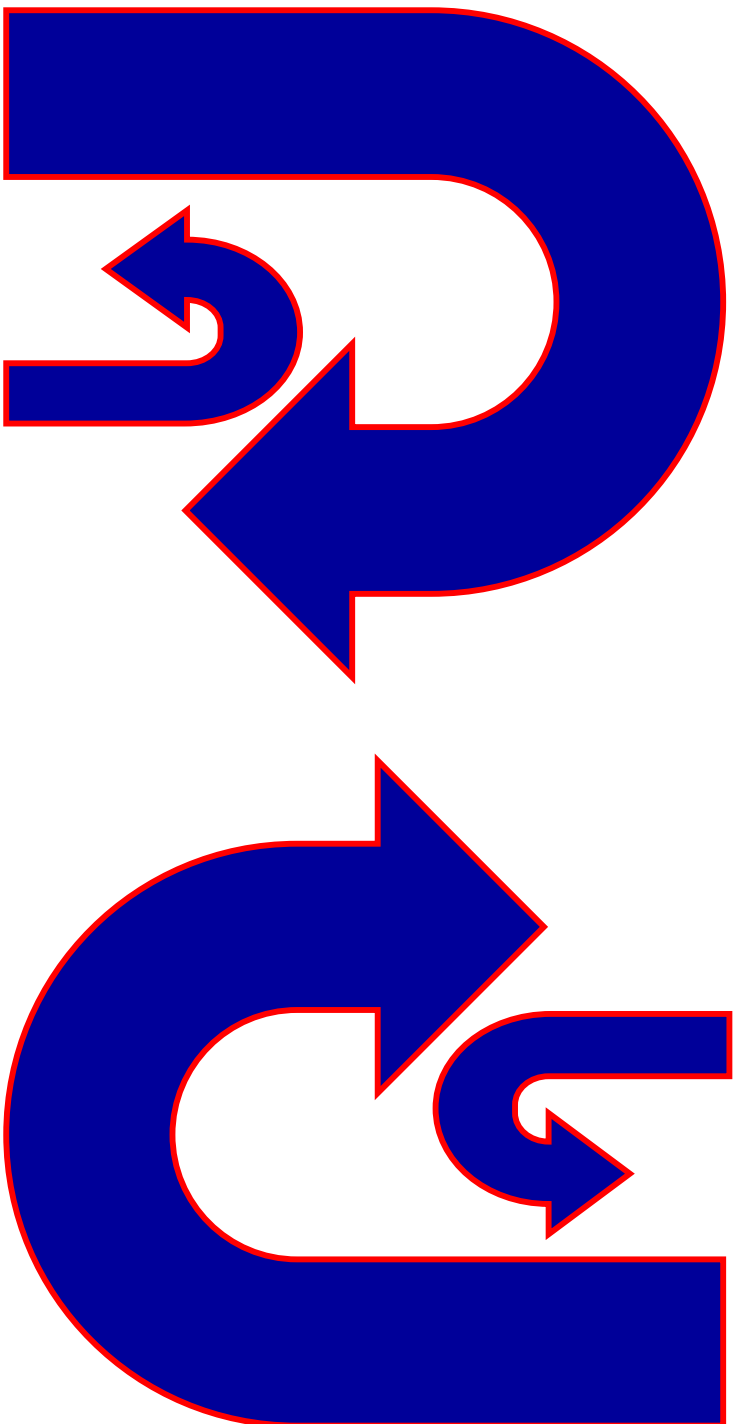


**180° høyre,
180° venstre**



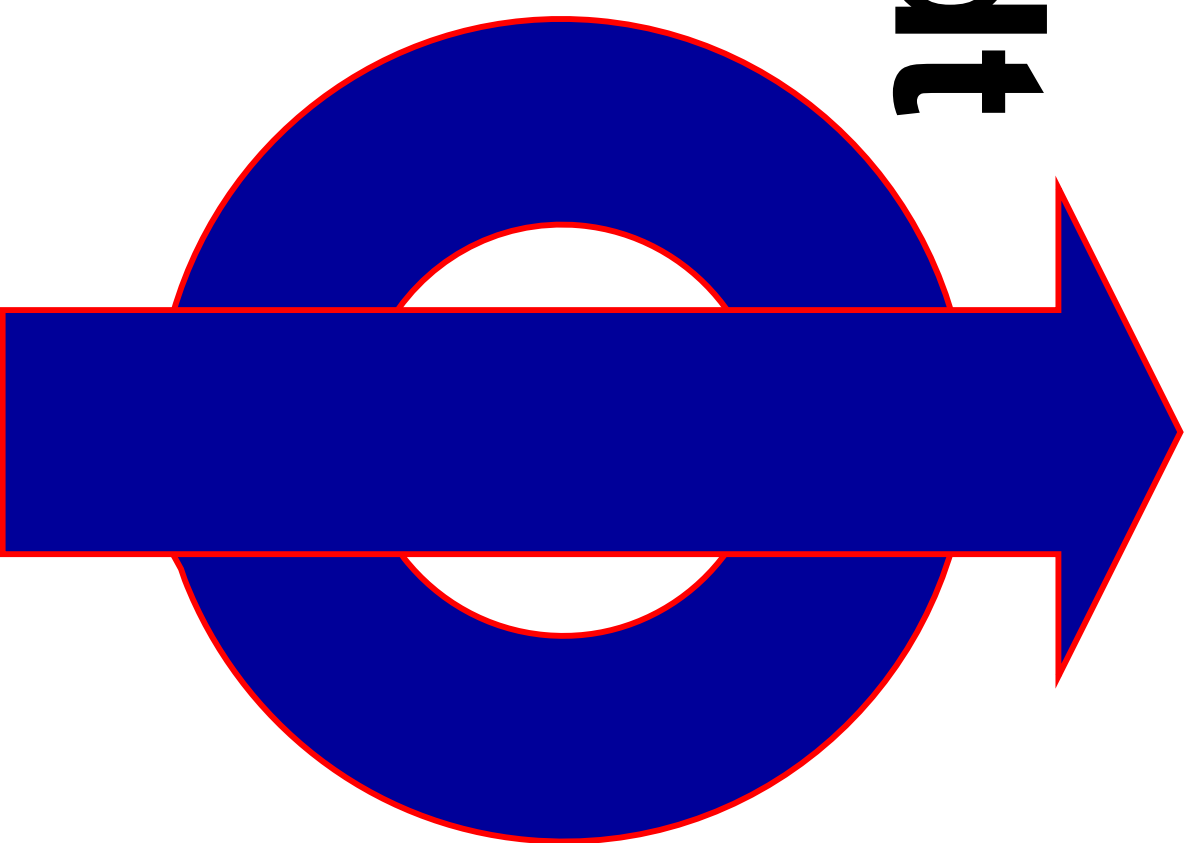
**180° venstre,
180° høyre**

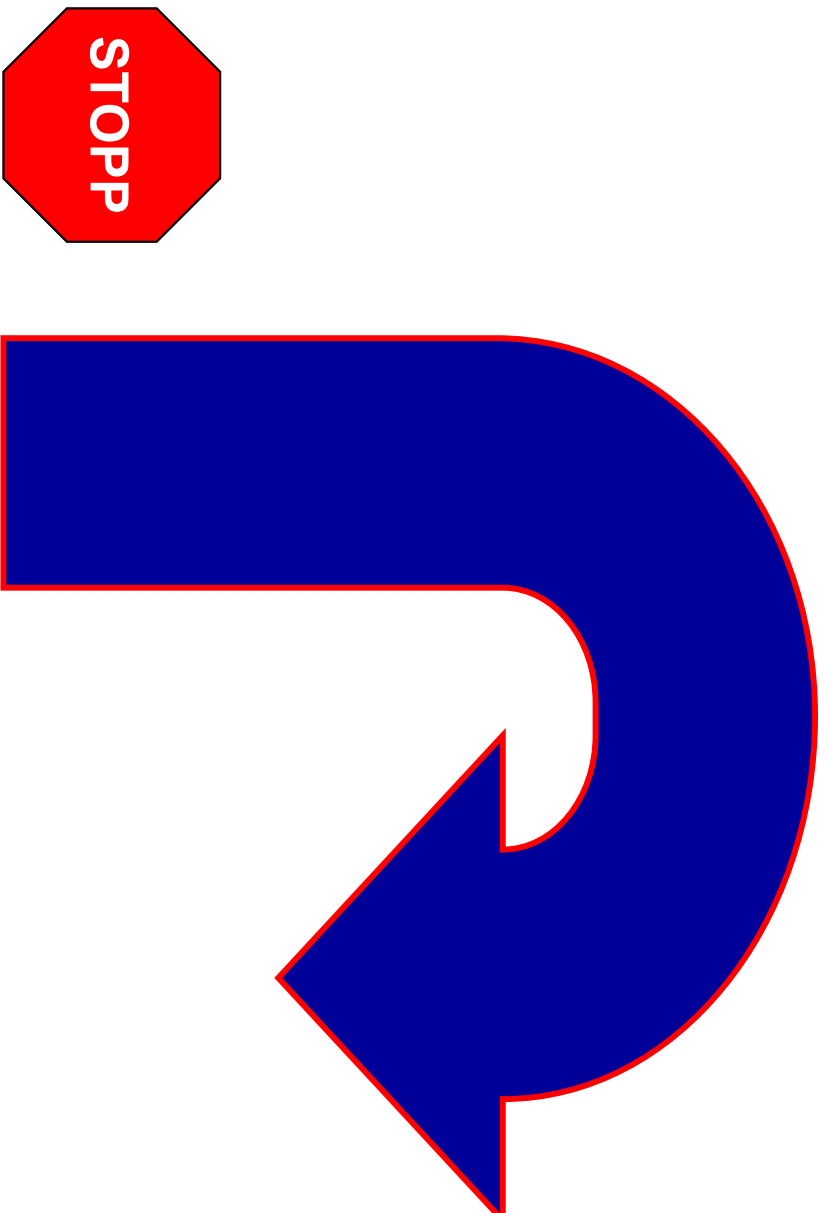




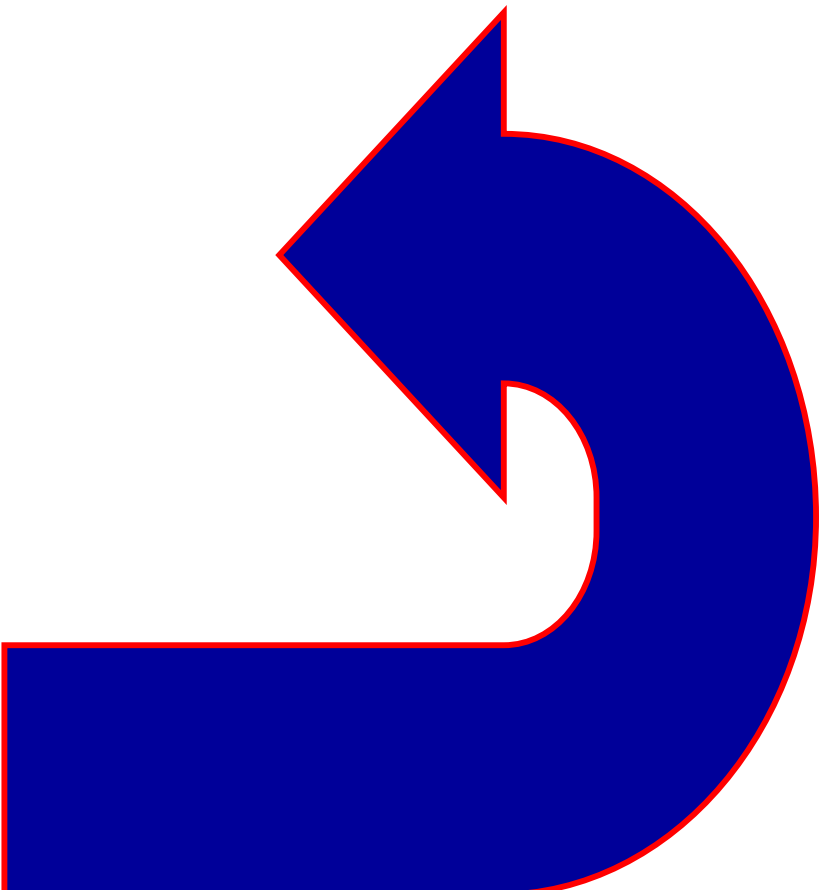
2 x helomvändning

360° rundt fører

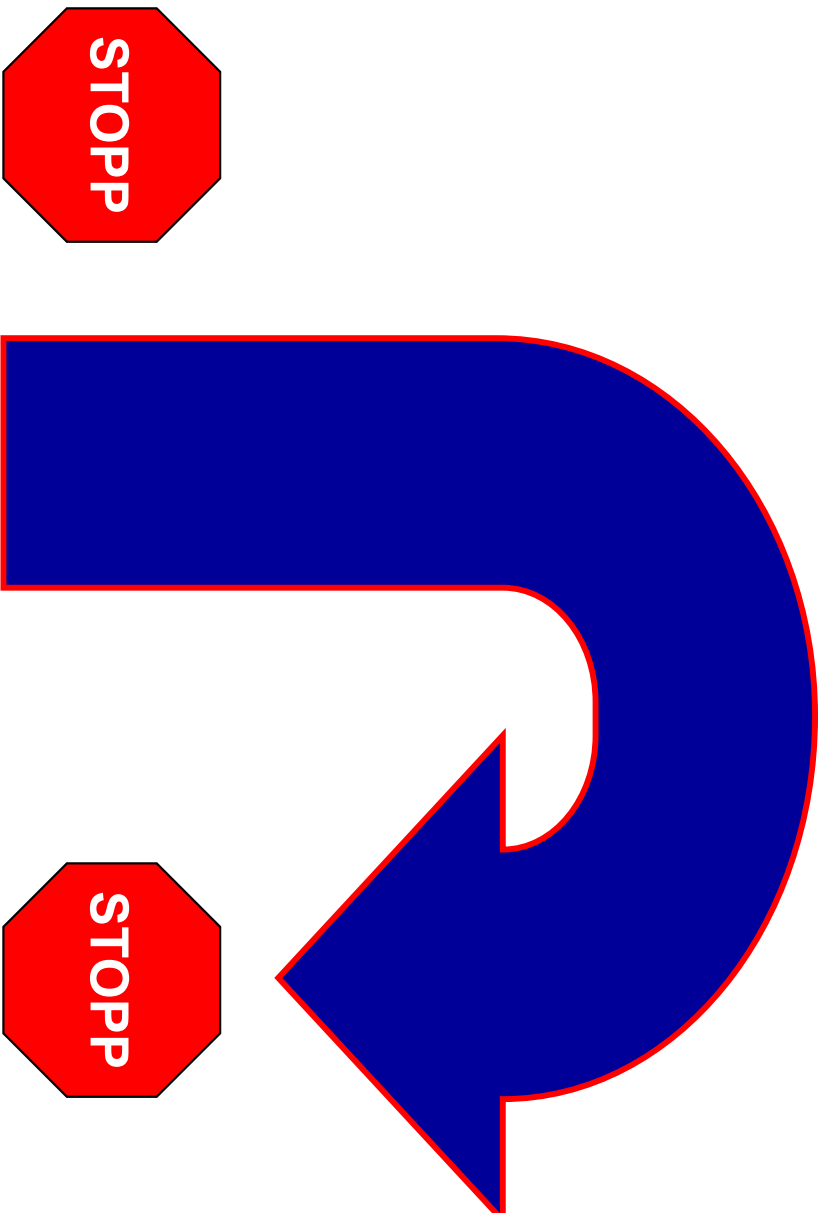




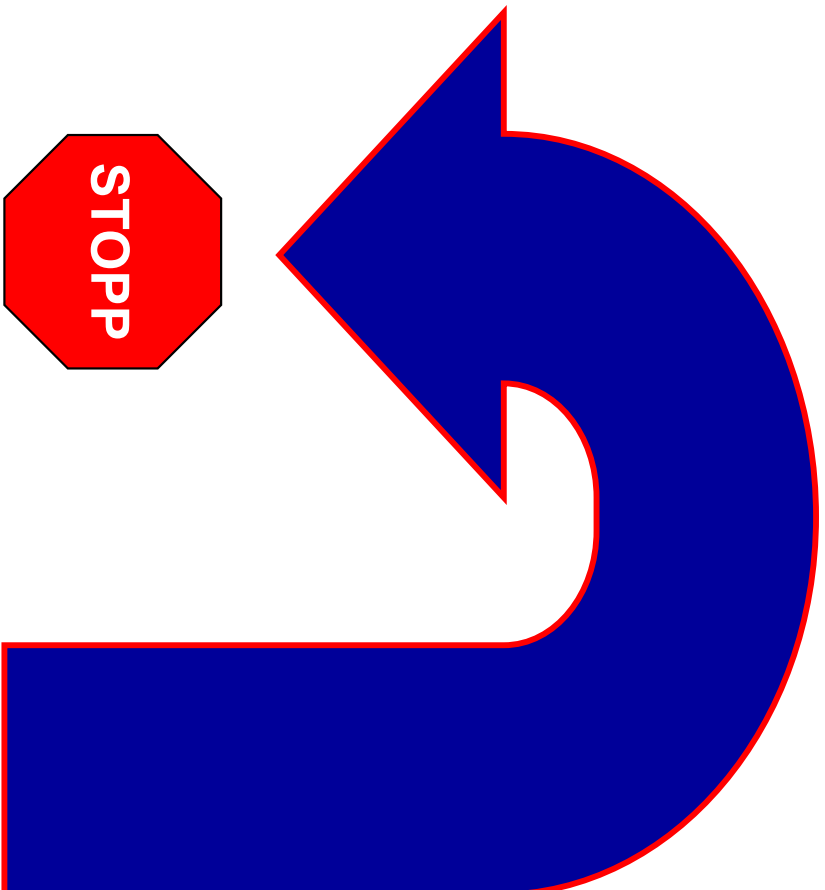
Vri 180° høyre, frem



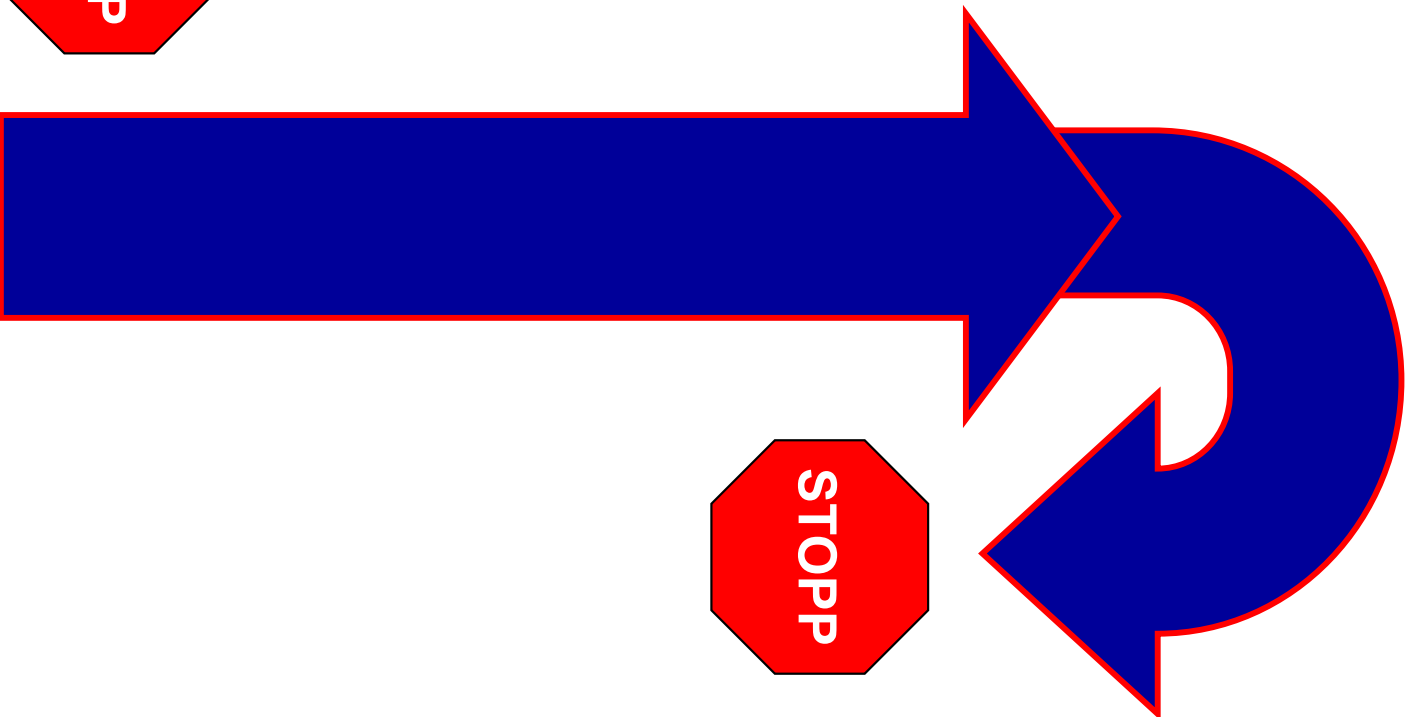
Vri 180° venstre, frem



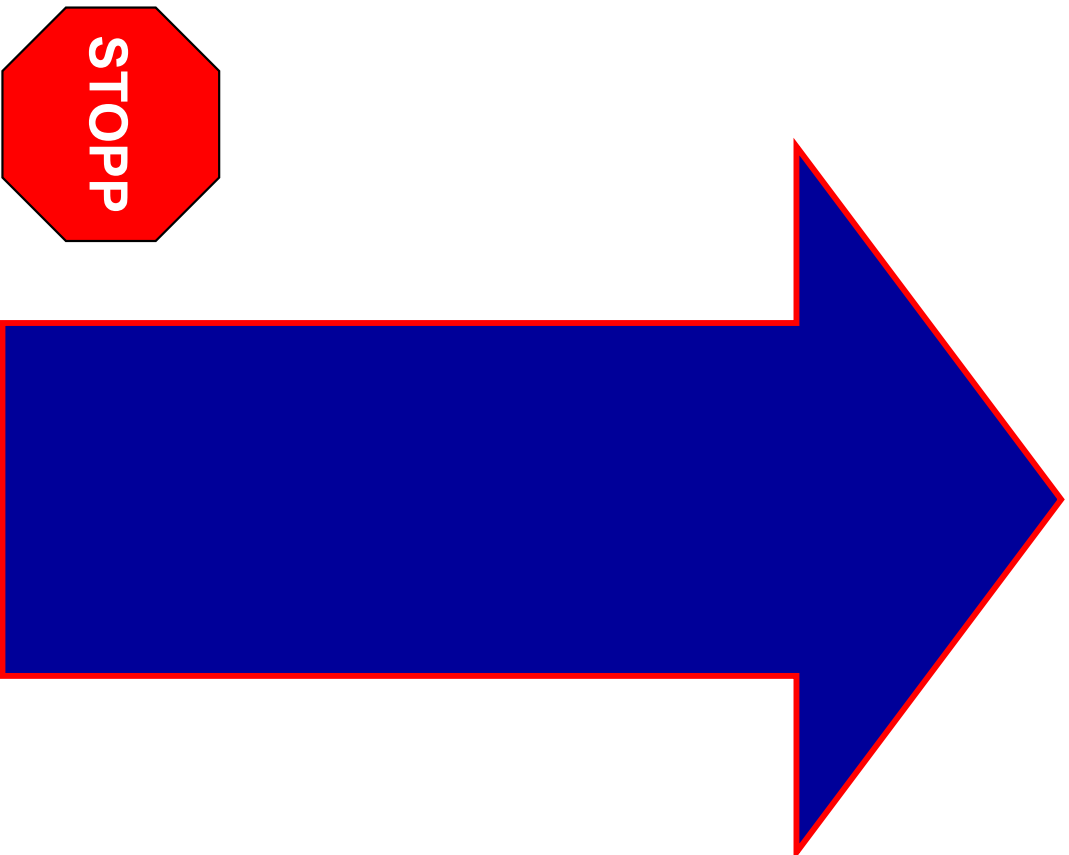
Vri 180° høyre



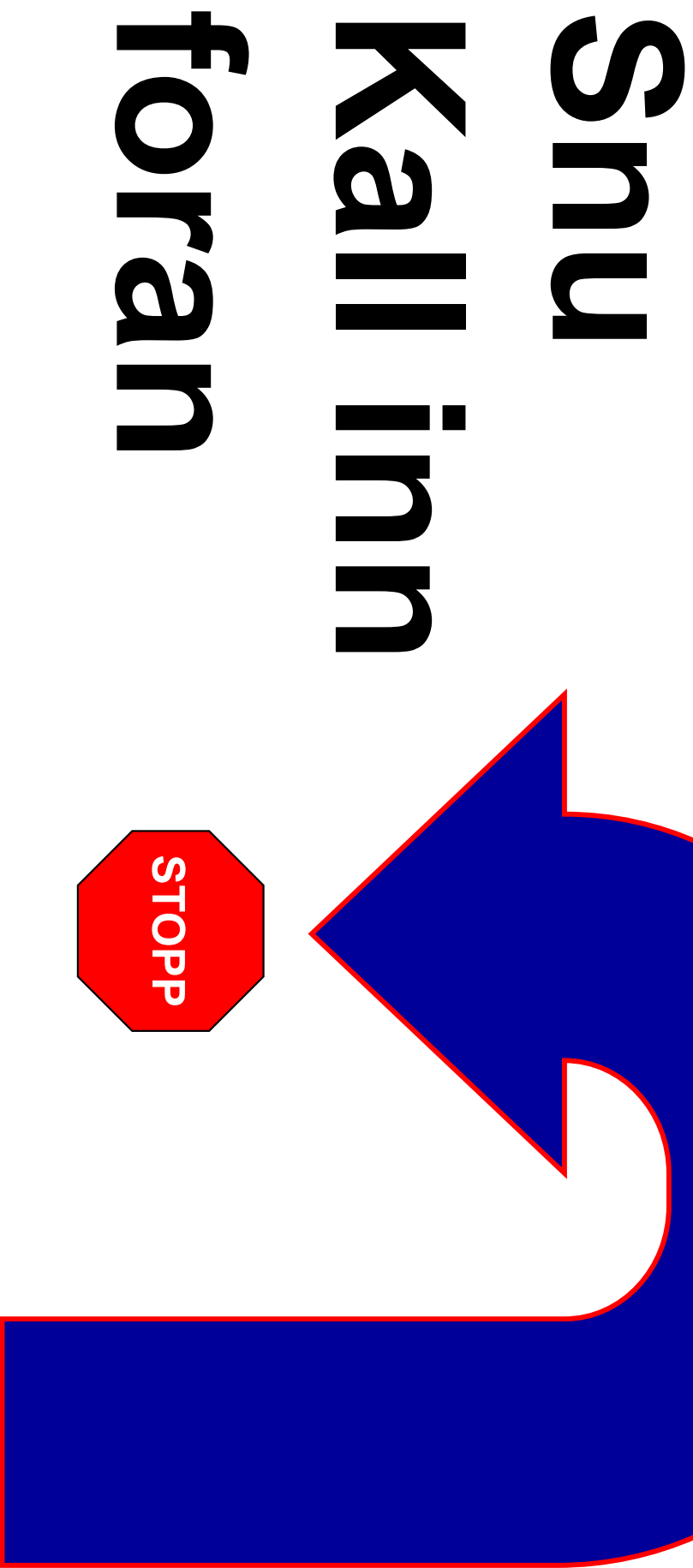
Vri 180° venstre



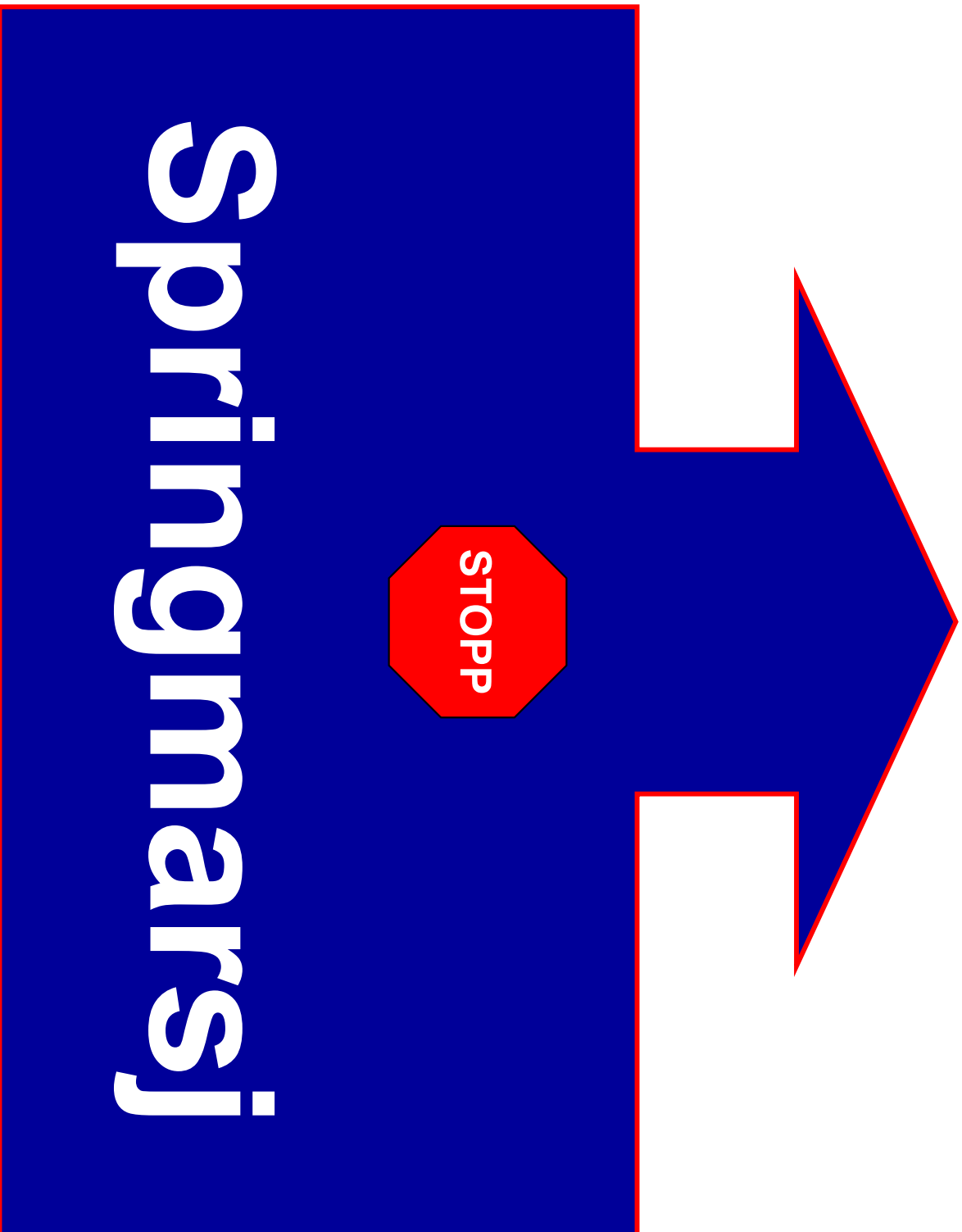
**Løp i fra
Kall inn
foran i fart**



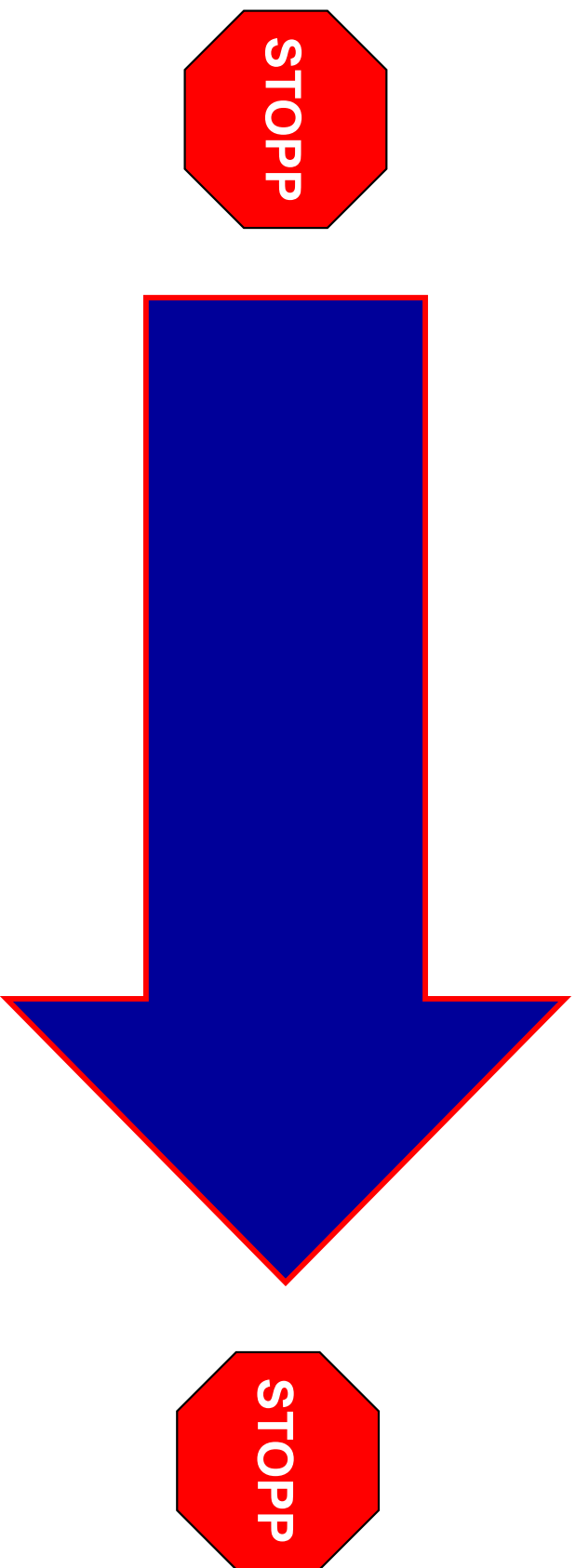
Gå i fra

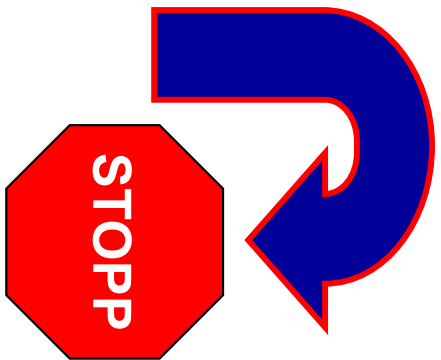


**Snu
Kall inn
foran**




Sidesteg høyre



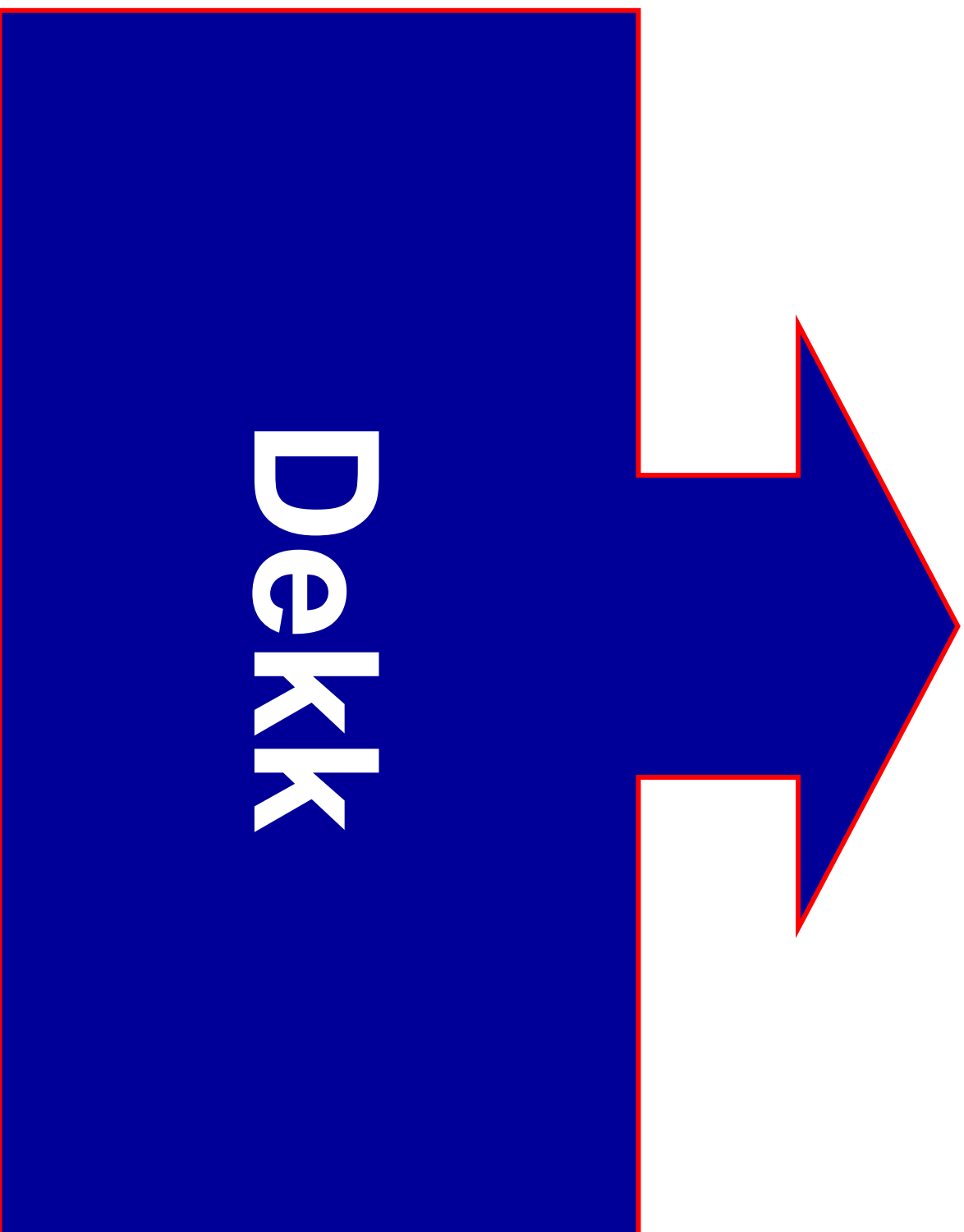


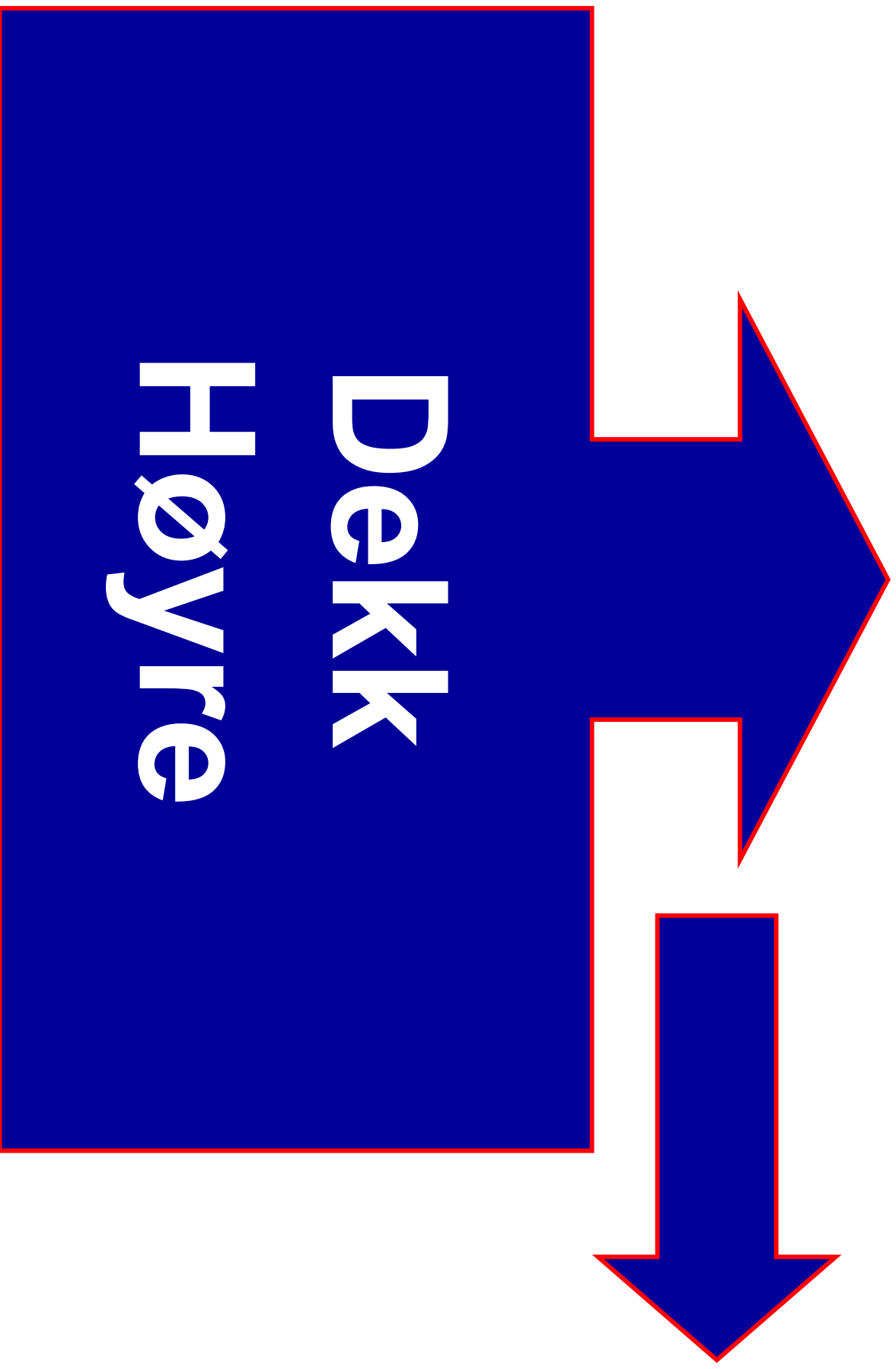
Foran

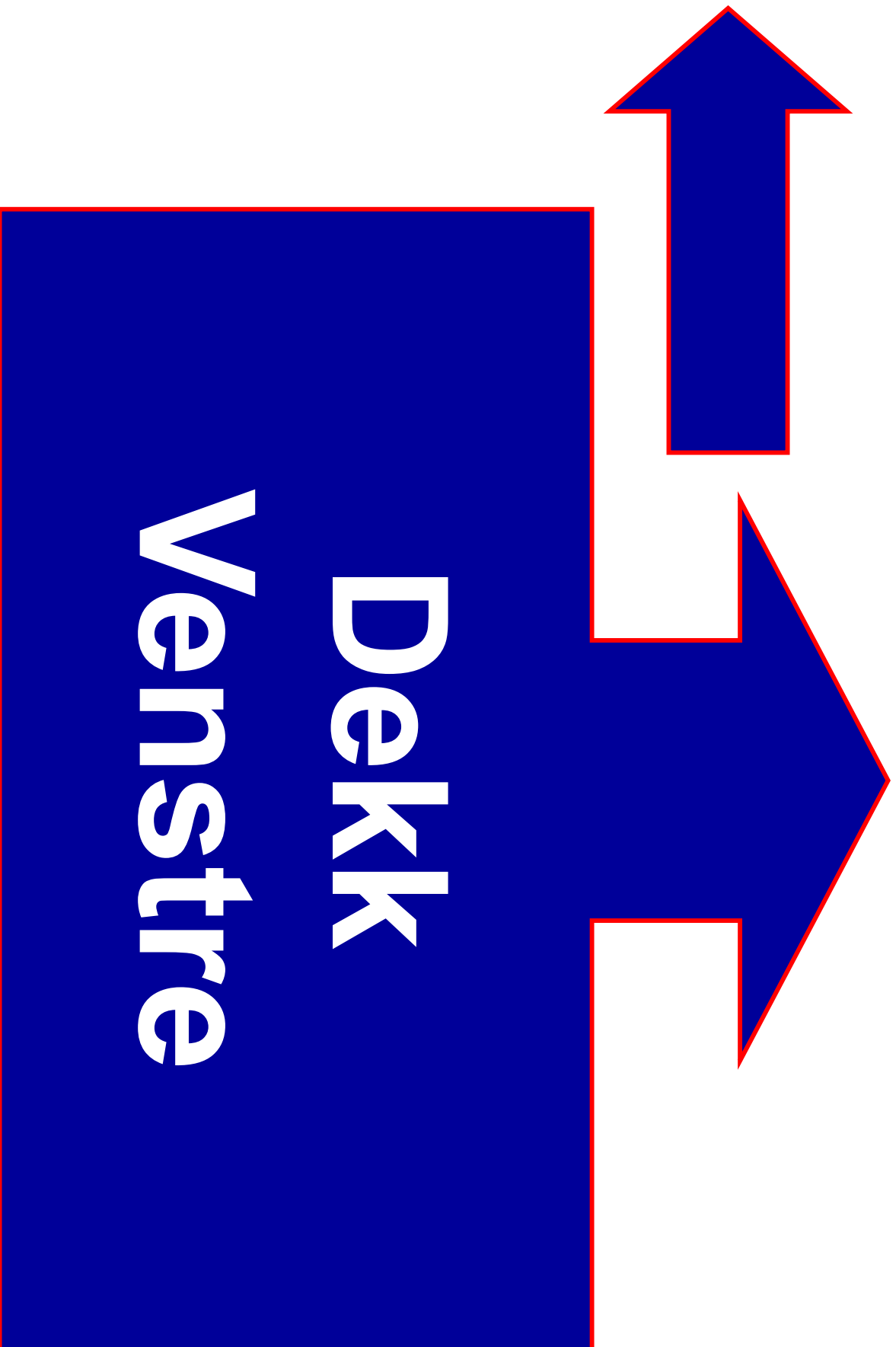
1 steg bak, stå

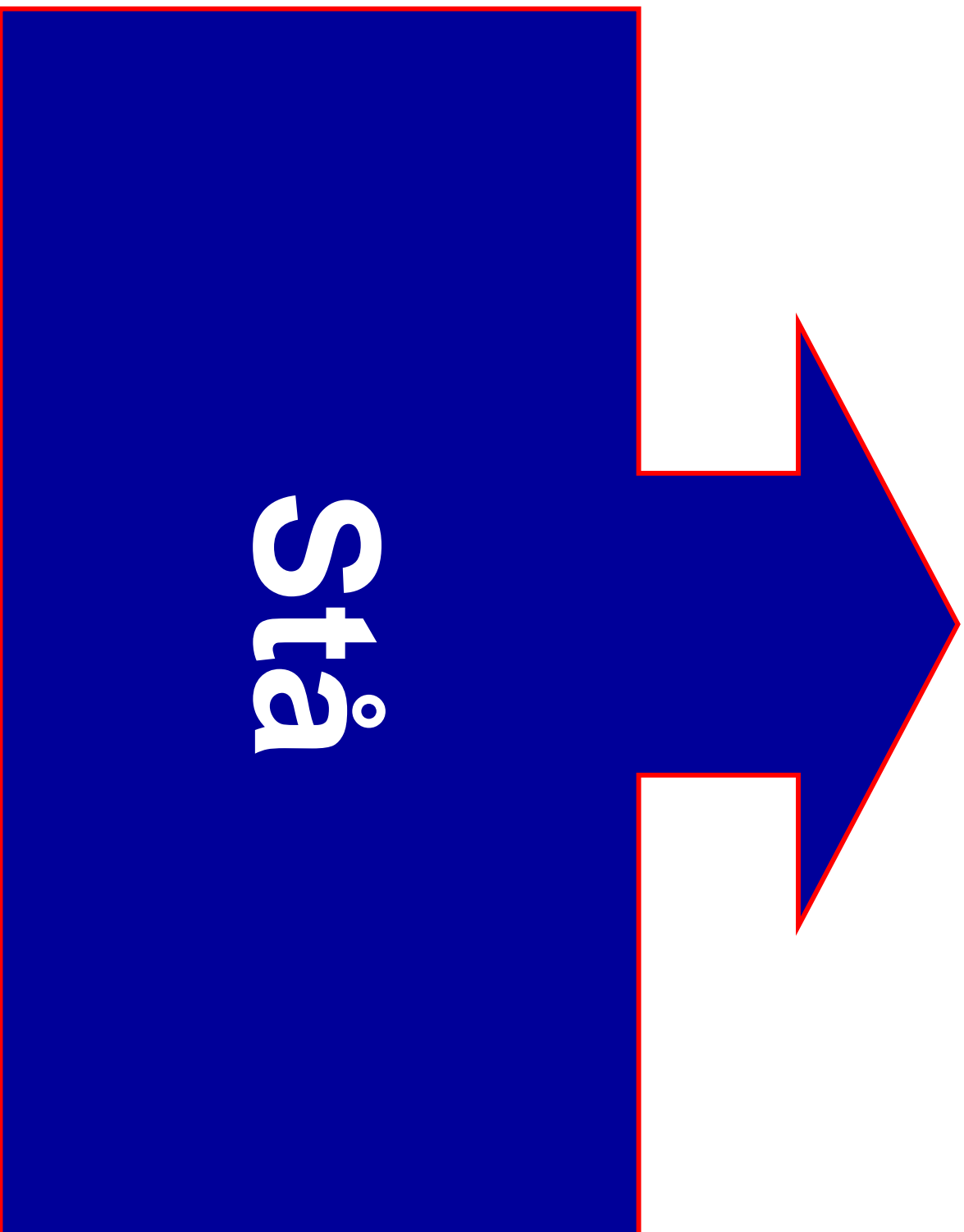
2 steg bak 

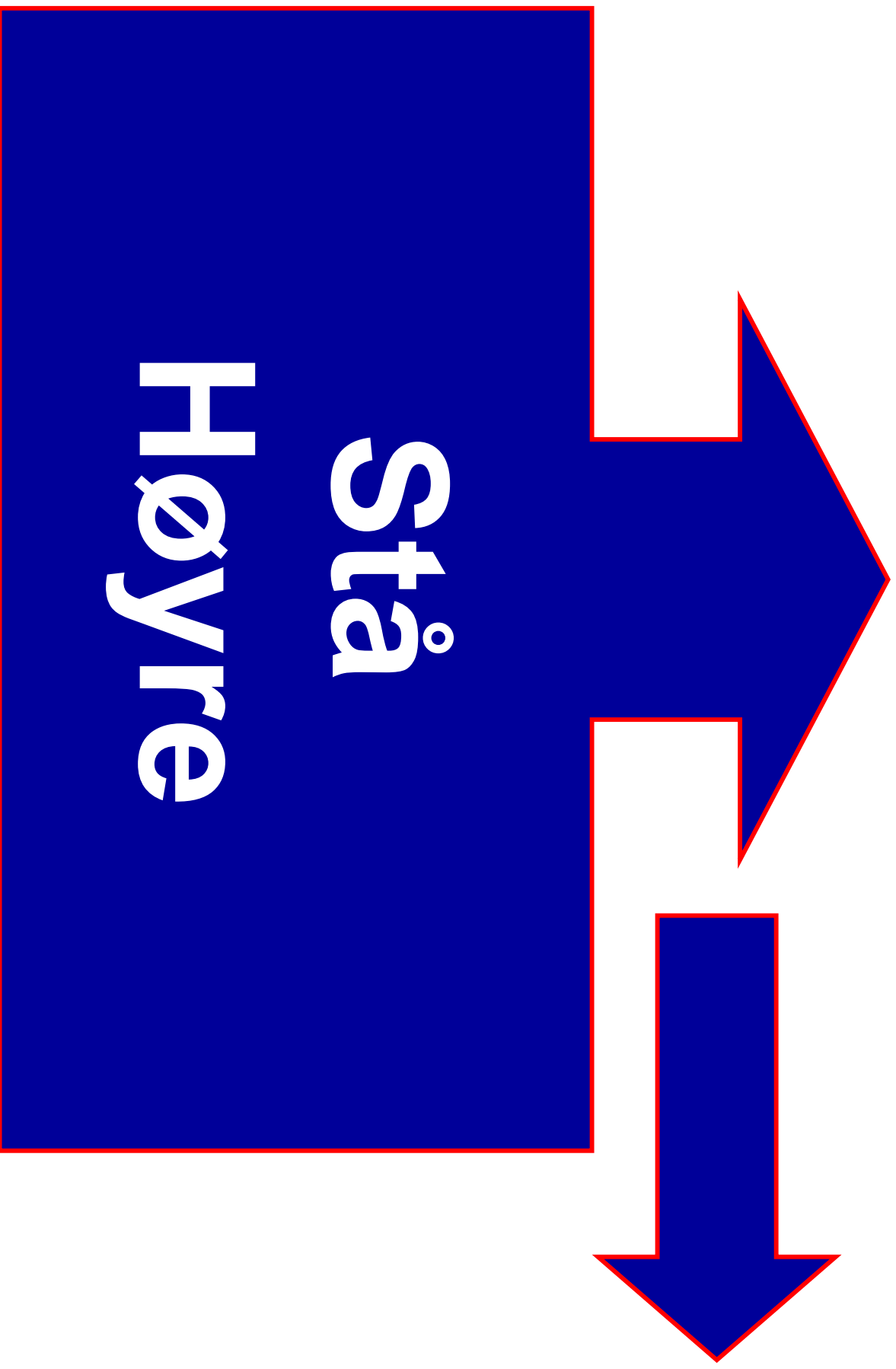
3 steg bak, dekk

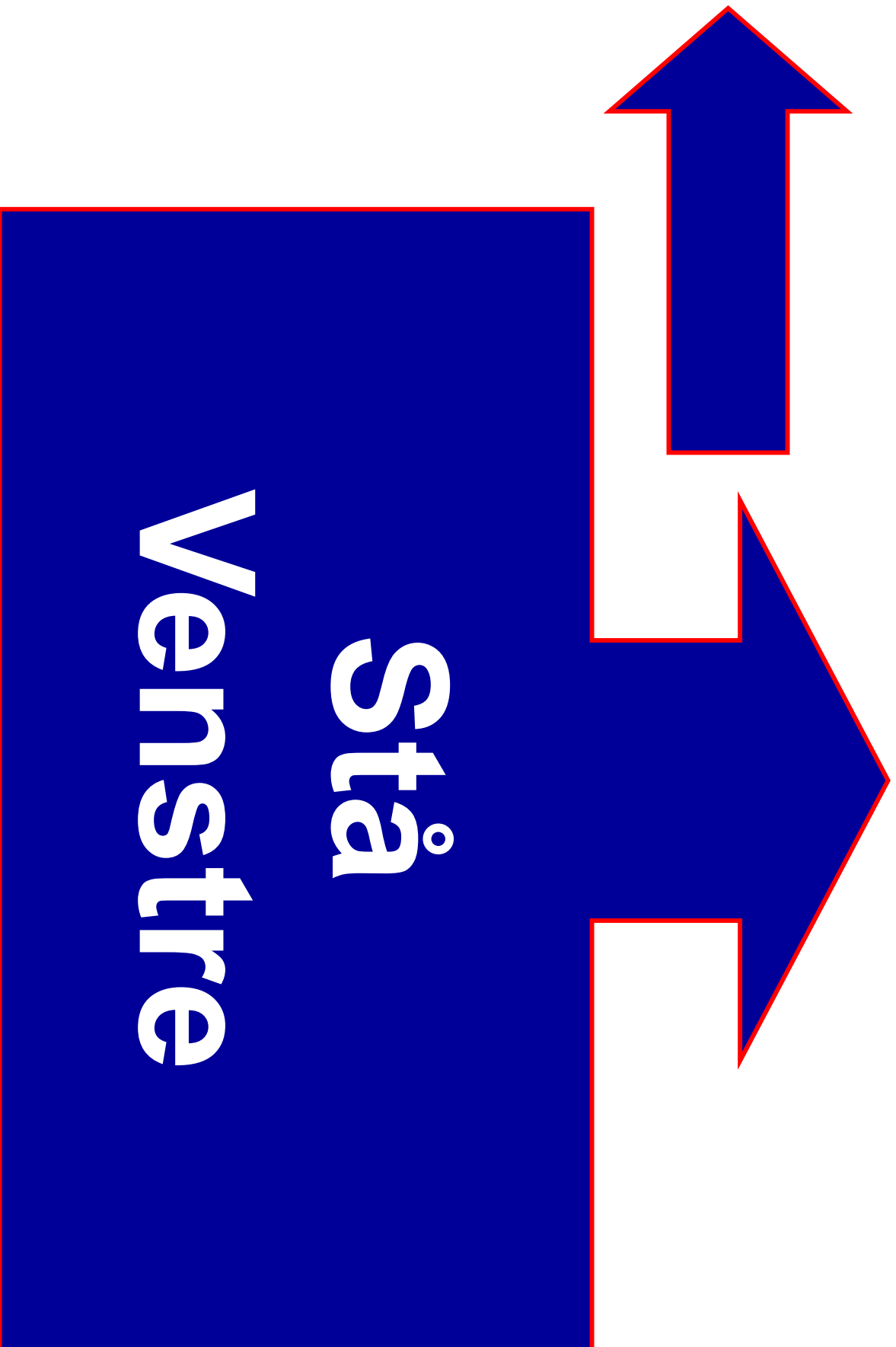


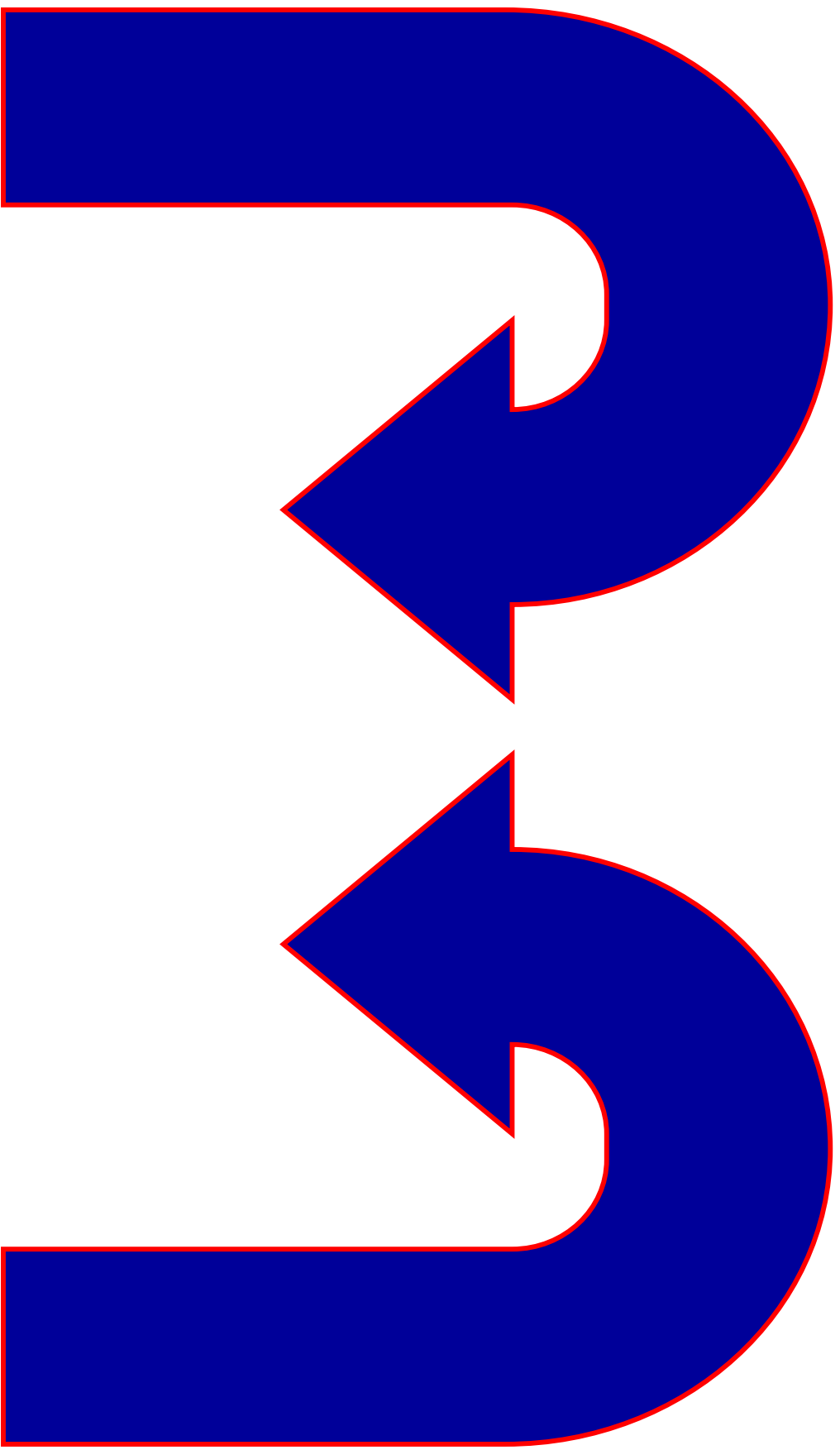




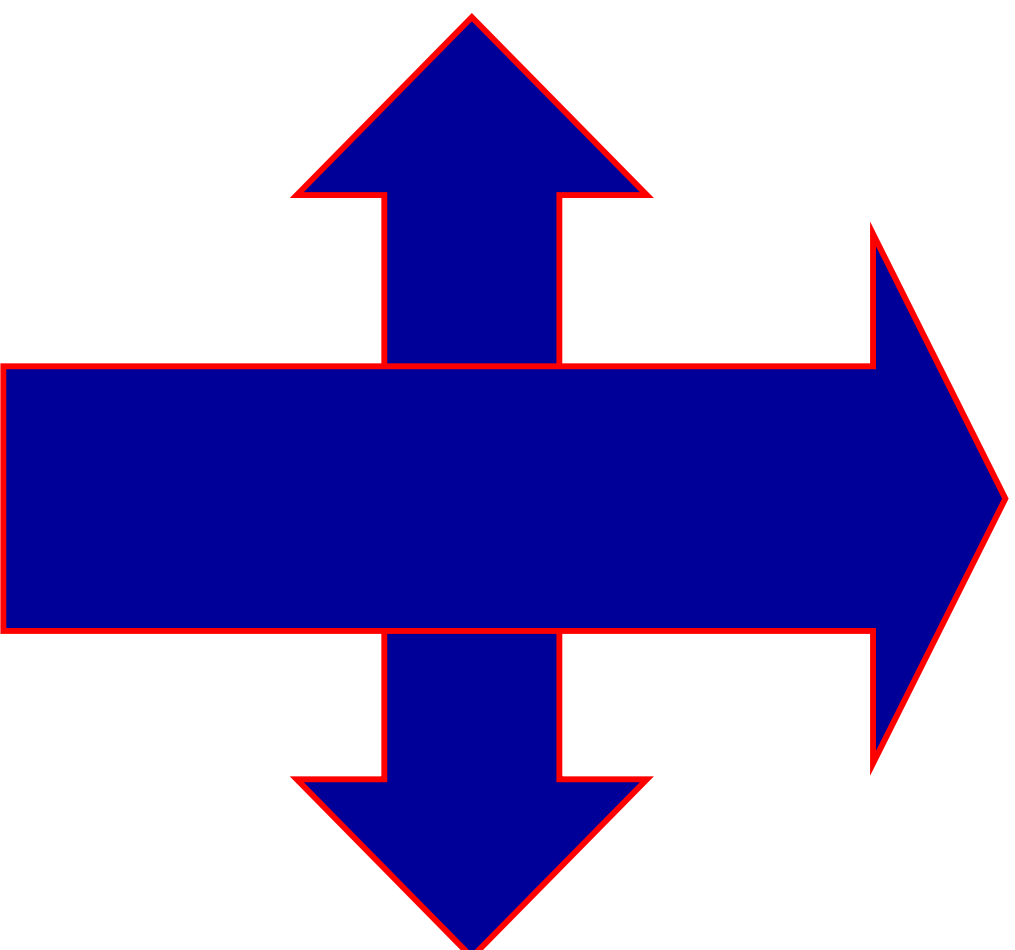






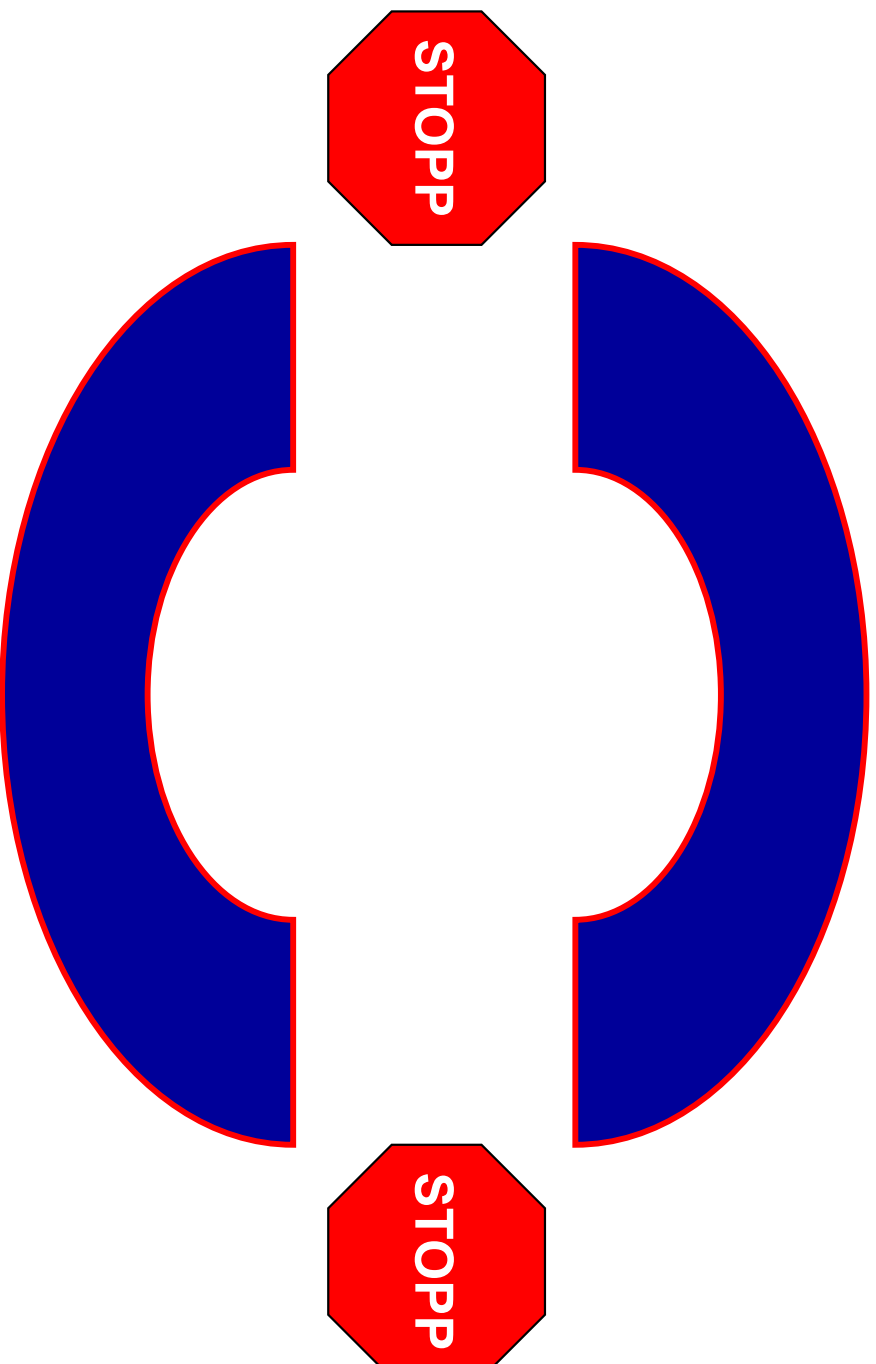


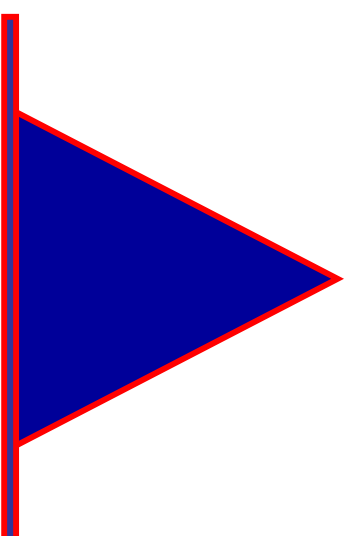
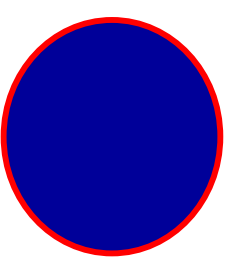
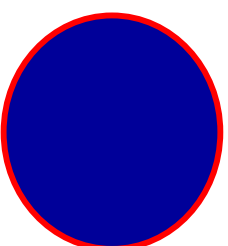
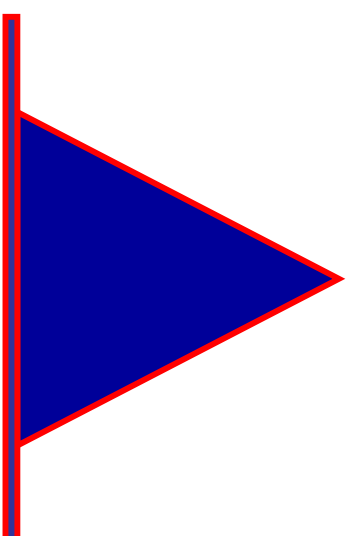
Helt om mot hverandre



Sidedytte mellom ben

Sidebyte

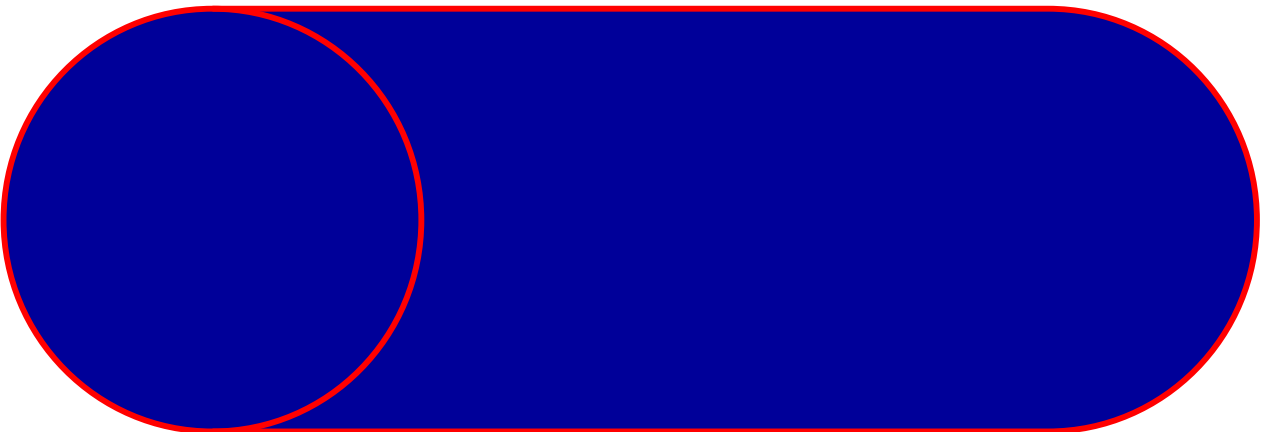


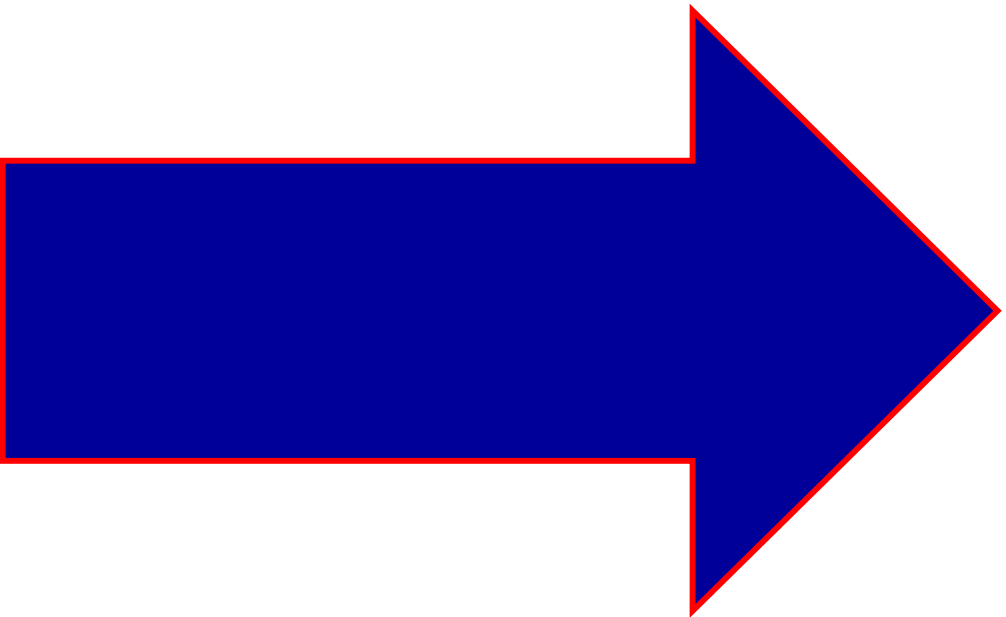


8-tall

matskåler

Retttunnel





Send

over

hopp