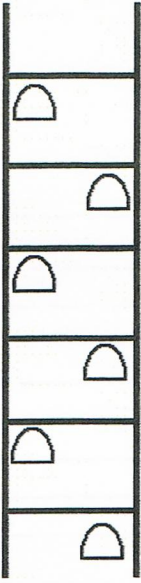
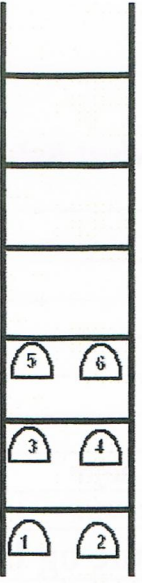
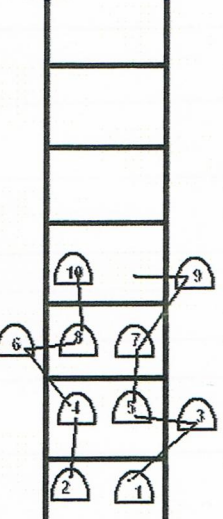
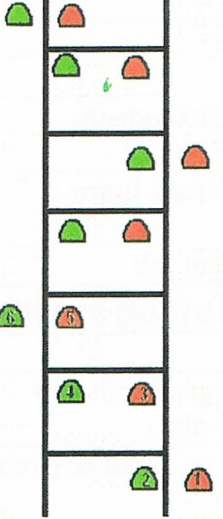
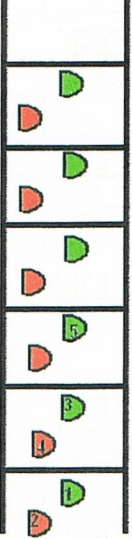
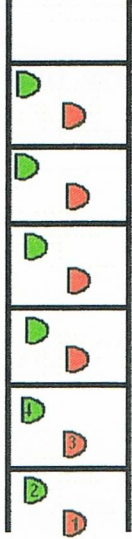


# FOOTWORK bevægelse

	<p>1. En fod i hver felt</p>		<p>2. Begge fødder i hver felt</p>
	<p>3. Slice ud Samle op slice ud modsat</p>		<p>4. bevægelse skråt fremad</p>
	<p>5. sidelæns igennem</p>		<p>6. sidelæns igennem Kryds ind foran</p>

1. Lav hver enkelt øvelser 3 gange, fokus på udførelse, tempo, balance
2. sæt alle 6 øvelser sammen 1 gang med hver , dobbelt tur