

Koreografi och Riktningar Nivå4

	1	2	3	4	5	6	7	8
1	skip_L	skip_L	lunge_L	knee_R	small kick_L	cross	Jack	Jack
2	C Jump						Lunge_R	Lunge_R
3	Small_Kick_L	cross	knee_R	Jack	Jump	Jack	Cross	
4	March_L	Back_Kick_R	Step/jump_L	small kick back_H	Jump turn		Side Linge-R	Stand
5	Side Lunge_L		Cartwheel					
6	Going to foer, two difficulties (Group A and B), get back to stand again.							
7								
8								
9								
10	March	March	knee_R	SideLunge_R	Side kick_L	Side kick_R	Knee_L	Stand
11	Side kick_R	Cross	Kick-L	Stand	Jog_R	Jog_L	Lunge_L	Stand
12	Big March_R	Big_March_L	Lunge_L	Knee_L	Jump		Lunge_R	Stand
13	Cross step		Lunge_R	Back_Kick_L	Lunge_R	Knee_R	Side slide-R	Stand
14	Group D							
15	Going to Floor Group A or B, ...And then Get back to stand							
16								
17								
18	skip_L		March_L	Knee_R	March_R	Side Jogg L	Lunge_L	Lunge_R
19	Plyometriskt step touch_R			Knee_L	March_R	Knee_R	Lunge_L	Stand
20	Jump		Floor					
21	Ending Position							

Riktningar Nivå 4

