

# Koreografi Nivå 5

	1	2	3	4	5	6	7	8	
1	H ben bakom (lunges)	H ben bakom	H ben till sidan	H ben till sidan	march	march	march	feet together	
2	jog V	skip V	jog H	lunge V	lunge H	hold	step back H	knee V	Difficulties
3	slide V	slide	jog H	skip H	chasse	chasse	jack inwards	feet together	Connections
4	step to jack	knee up in jack H	step down V	H knee up to elbow	jump to H	cross front with H	kick V up	feet together	/floor
5	lunge V towards corner	feet together and turn	chasse	chasse	split leap	C Split leap			V-Vänster
6	cross step V	cross step H (behind V)	march V	Small jogg-kick-back	lunge H	hold	lunge H + hold + jack		H-Höger
7	H ben side low kick	cross (H front)	march V	march H	Keep position				
8	C Jump						lunge V	hold +turn	
9									
10	A Push up								
11	B support								
12									
13	jack	cross (V behind)	jack	knee V	march (V behind)	hold	Jack	hold	
14	cross (V front) + cross (V behind)		V small kick side	cross (V front)	kick H	hold	jog V	jog H	
15	V Small side kick	hold	Knee H	hold	D				
16	H Small side kick	jog V	skip H	lunge H	turn	turn	Knee H		
17									