



1. Walk In, Back Up, Jog Out
2. Sidepass links, 180° rechts, Sidepass rechts
3. Lope Over
4. Tor
5. Jog Over
6. Walk Over, Brücke

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|  | Back Up  |
|  | Walk     |
|  | Jog      |
|  | Lope     |
|  | Erhöhung |