J	a	m	۱r	n	i	r	י'



C	ount: 32	Wand: 4	Ebene:					
	af/in: Unkn	own						
•	usik: Unkn							
1&	Turnir	ıg ¾ right, tap left ball, lift l	eft knee.					
2&	Tap le	ft ball, lift left knee.						
3&	Tap le	ft ball, lift left knee.						
4&	Tap le	ft ball, lift left knee.						
5&	Tap le	ft ball, lift left knee.						
6&	Tap le	Tap left ball, lift left knee.						
7&	Tap le	ft ball, lift left knee.						
8&	Tap le	Tap left ball, lift left knee alternately punching fists down left/right.						
9&	Kick le	eft left, step left.						
10&	Kick ri	ght right, step right.						
11&12	Kick le	eft left, lift left knee forward	l, step left.					
13&	Kick ri	ght right, step right.						
14&	Kick le	eft left, step left.						
15&16	Kick ri	Kick right right, lift right knee forward, step right.						
&17	Movin	g back, hop right kicking le	eft back, step left.					
&18	Movin	g back, hop left kicking rig	ht back, step right.					
&19	Movin	g back, hop right kicking le	eft back.					
&20	Step r	ight forward, step left back	Χ.					
21-22	Movin	g forward, step right, step	left lifting right knee.					
23-24	Step r	ight, step left lifting right ki	nee.					
25-32	Repea	at steps & 17-& 20.						
REPEAT								