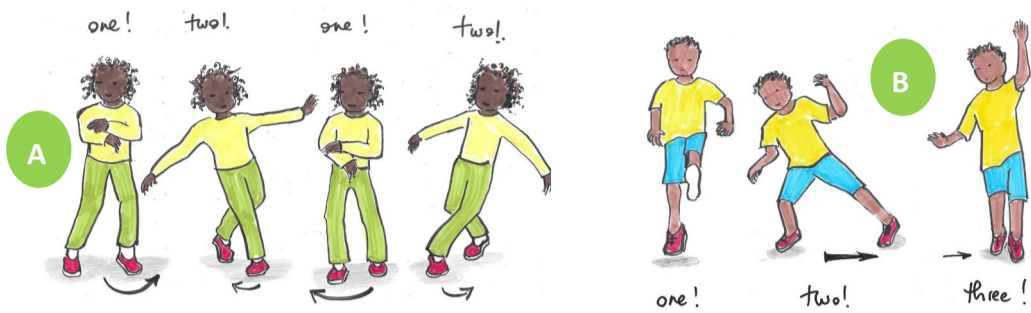




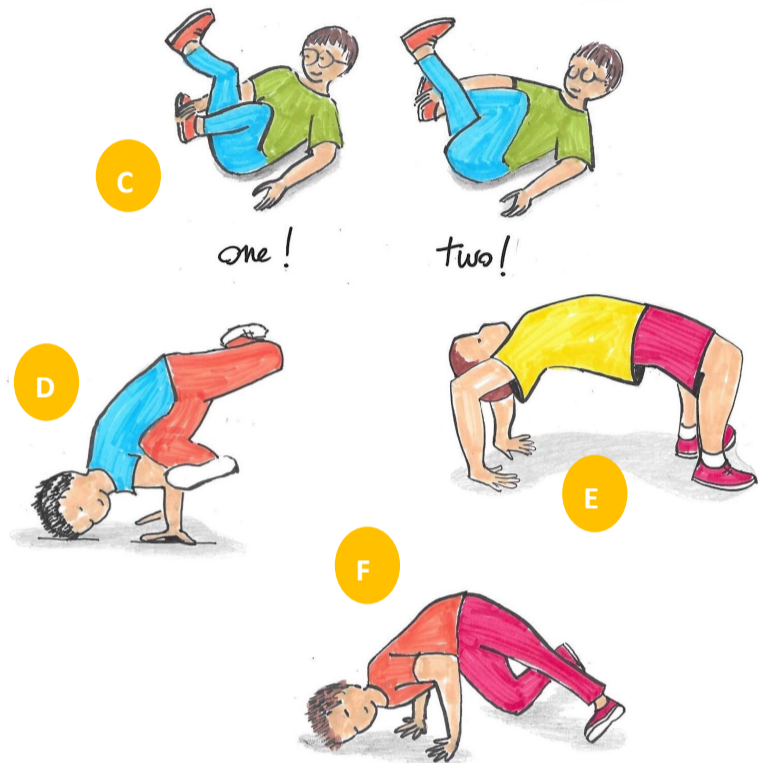
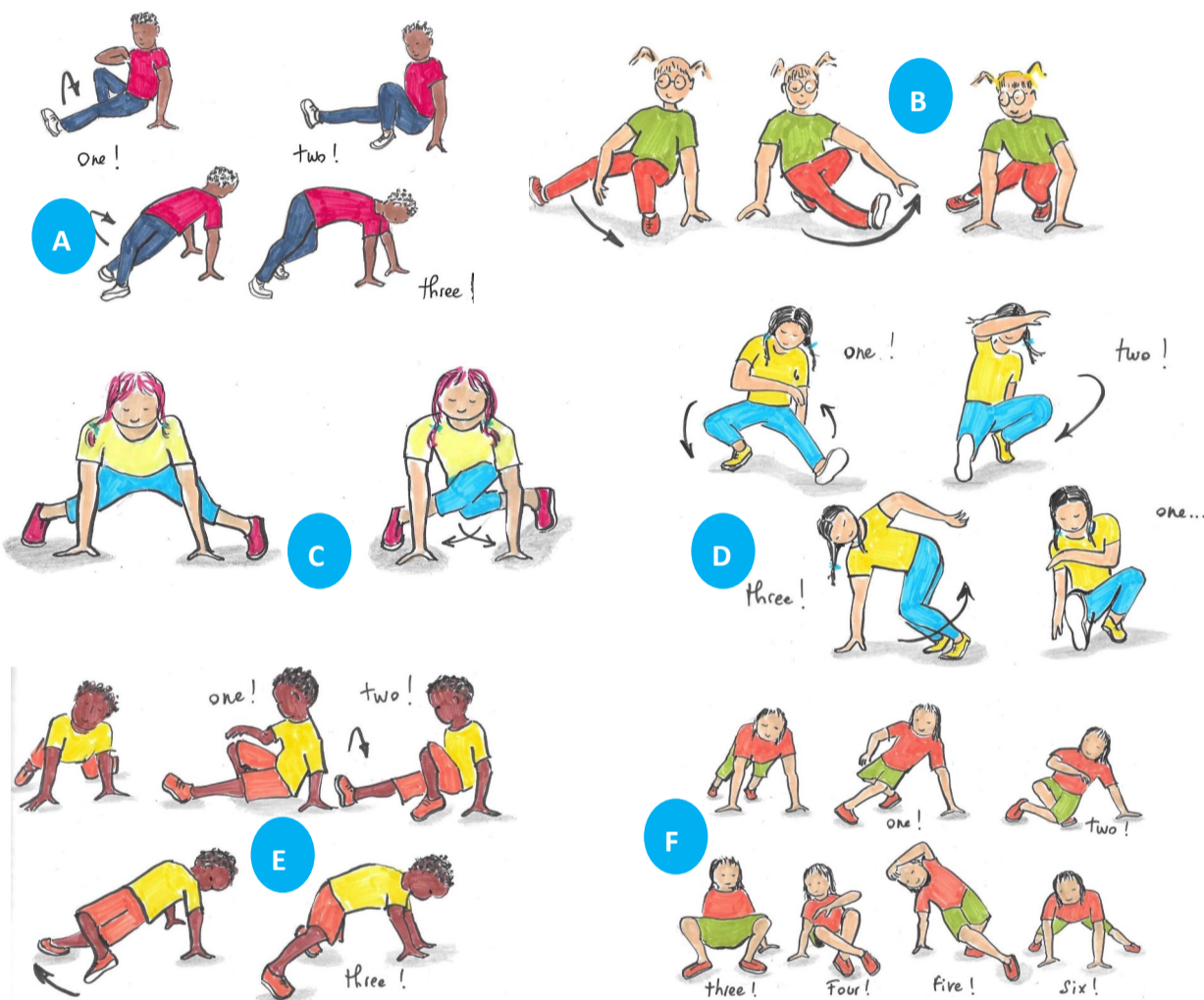
TOP ROCK : les pas de préparation



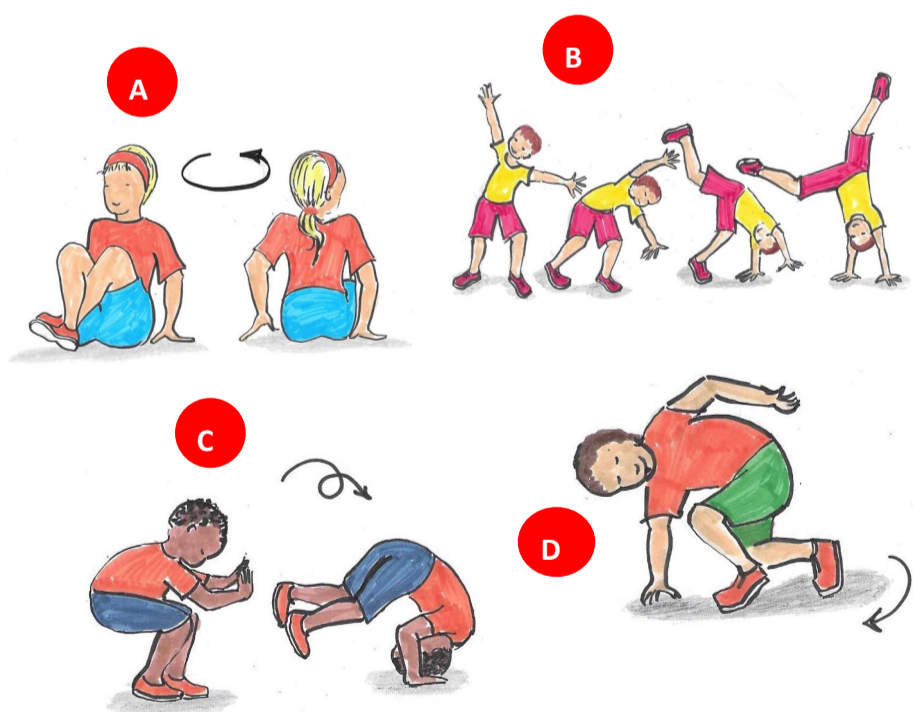
FREEZES : les poses



FOOTWORK : le travail des jambes



POWER MOVES : les grandes phases



- THREE STEP
- ROULADE
- FREEZE GRAB
- CROSS INDIAN STEP
- CHANDELLE
- TOUR SUR LES FESSES
- SHOULDERS FREEZE
- SALSA SLIDE
- TOUR AUTOUR DE LA MAIN

- ROUE
- SIX STEP
- BABY FREEZE
- CRISS CROSS
- COFFEE GRINGER
- TRACK
- SWITCH
- TWO CLAP STEP
- PONT

Amuse-toi à retrouver la lettre et la couleur de chaque figure

