

46

Shadowstep. Plaats je ene voet om en om achter je andere en swing daarbij met je armen.
 Vervolgens: stap op je rechterbeen, gooi je linkerbeen omhoog, zet je linkerbeen neer en zet je rechtervoet naar achteren.



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Rechtervoet voor, linkerarm gestrekt voor.
 Wissel: Rechterarm voor, rechterbeen achter.
 Wissel: Linkervoet voor, rechterarm voor.
 Wissel: Linkervoet achter, linkerarm voor.
 (Wie moeite heeft links en rechts uit elkaar te houden, mag hier wel een dag voor uittrekken).



Abc Van Aerobic Dansen

Yan Bai



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Doris D.,1983 Aerobic Dancing, Student Handbook Jacki Sorensen,1977 Aerobic Dancing Jacki Sorensen,Bill
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