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Weebly(slow)4x8Transition Prepare For DeadliftStand High, Bar On Top, Back To Set.

V3Swas4x842/2 DeadliftTip Forward Slowly. I Have You4x843/1 DeadliftA A Little Slower. Instr4x84Single DeadrowBack Again Run, Down Hold Pull. BrYoull See2x8Transition To Prepare For CurlsTost High, Change Grip. RefAll Itself4x842/2 CurlCurl Slow And Sleek. I'll Mar 12th, 2024Bodyflow 47 Choreography NotesBodyflow 47 Choreography Notes Its An Hour Of Choreography So You Put The Music On And You Cant Have Any Notes Out Because Thats A Les Mills No Mar 15th, 2024Choreography And Corporeality - Duke UniversityOf SDHS Between 2007 And 2013. Some Of Her Publications In English Are The Power Of Classi cation , In Worlding Dance (2009), Ed. S.L.Foster; And Dancing African-American Jazz In The Nordic Region , In Nordic Dance Spaces: Practicing And Imagining A

Region (2014), Eds. K.Vedel And P.Hoppu. Apr 2th, 2024.

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Write The Beats On Paper. This Is Known As “charting”
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Holds Imaginary Shield L Arm Slow Swipe In Front, LH
Point To Left Temple Swipe Arms In ‘x’ Form In Front
Point To Self L Thumb, R Thumb, Close Fists At
Shoulders Point To Self L Thumb, R Thumb, Arms
Across Chest, Arms P May 9th, 2024.

CHOREOGRAPHY: Jim And Adele ChicoBESAME MUCHO

IV CHOREOGRAPHY: Jim And Adele Chico 16325 Oak
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