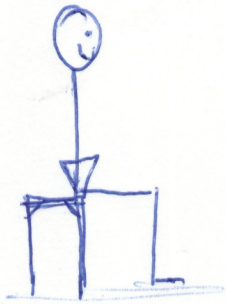


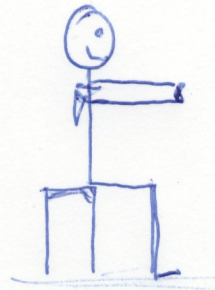
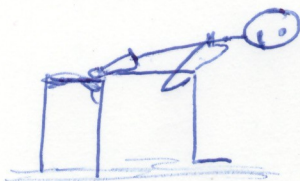
ÜBUNGSZETTEL ZUR WINTERCHOREOGRAFIE 2019/2020

VON SUSANNE ECKER

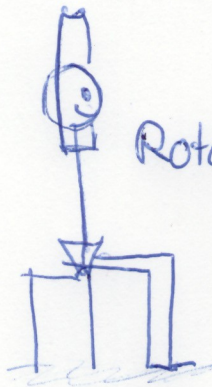
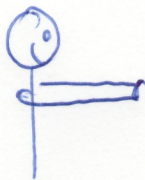
Körpertraining, Berlin
Körpertraining, Schorfheide



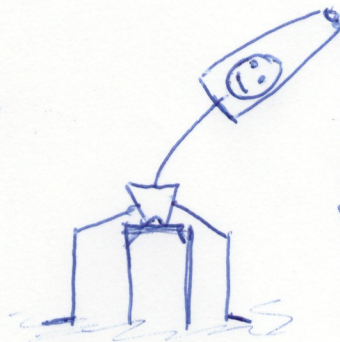
+ Nabel
vom Scham-
bein her
aufspannen



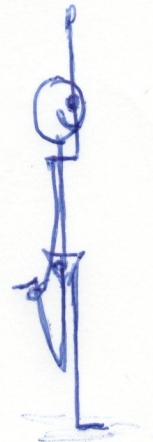
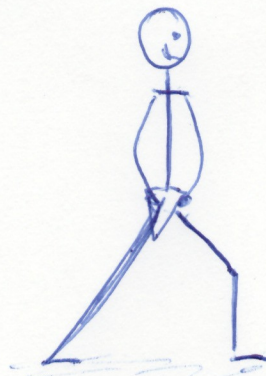
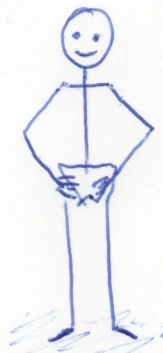
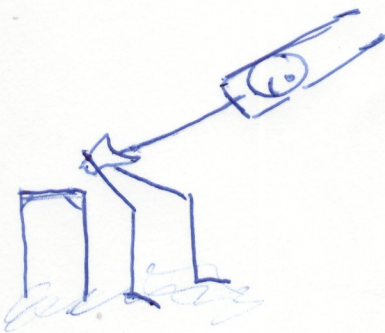
Hände vor
dem Brust-
bein!



Rotation



Rotation
nach
rechts +
Seitneigung
nach
links



Viel Spaß wünscht Susanne