



< severnjaško つつき. >

VI.  $\overset{\uparrow}{\underset{\text{st}}{\text{R}}}, \text{H}, \overset{\times}{\text{L}}, \text{H}, \overset{\circ}{\underset{\text{st}}{\text{RL}}}, \overset{\circ}{\underset{\text{st}}{\text{RL}}}, \overset{\circ}{\underset{\text{st}}{\text{RL}}}, \overset{\circ}{\underset{\text{st}}{\text{R}}},$   
 $\overset{\uparrow}{\underset{\text{h.tch}}{\text{L}}}, \overset{\uparrow}{\underset{\text{h}}{\text{R}}}, \overset{\uparrow}{\underset{\text{h}}{\text{L}\cdot\text{R}}}, \overset{\uparrow}{\underset{\text{h}}{\text{L}\cdot\text{R}}}, \overset{\uparrow}{\underset{\text{h}}{\text{L}\cdot\text{R}}}, \overset{\times}{\text{L}\cdot\text{R}}, \overset{\times}{\text{L}\cdot\text{R}}, \overset{\times}{\text{L}\cdot\text{R}},$   
 右足はheel tchに体重をのせてく... Rev.

Part C. Part Bと同じ step

構成

- I. x2
- II. x4
- III. x1
- IV. x2
- V. x1 (全体を1回)
- VI. x1

} ⇒ この2Figが短いだけ.

Denč