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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.
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 Wissel: Linkervoet voor, rechterarm voor.
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