46 Shadows step. Plaats je ene voet om en om achter je andere en swing daarbij met je armen. Vervolgens: stap op je sechterbeen, gooi je linkerbeen omboog, zet je linkerbeen neer en zet je rechtervoet naar achteren.

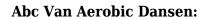


47 Rechtervoet voor, linkerarm gestrekt voor.
Wissel: Rechterarm voor, rechterbeen achter.
Wissel: Linkervoet voor, rechterarm voor.
Wissel: Linkervoet achter, linkerarm voor.
(Wie moeite heeft links en rechts uit elkaar te houden, mag hier wel een dag voor uittrekken).



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