

ZADANIA DOMOWE

2019



Imię i nazwisko: Rocznik:

Zadanie	podpis rodzica	podpis trenera	data
1. Step on			
2. Pull Push			
3. Wave			
4. Full spin			
5. Single scissors			
6. U turn			
7. Twist off			
8. Cut			
9. Dribble			
10. The sole / Heel roll			
11. The inside roll			
12. Inside rollover step one			
13. Single inside/outside cuts			
14. Ground juggling			
15. Toe taps slap stepover			
16. V outside pull push			
17. Pull step over			
18. Inside/Outside rollovers			
19. Outside cut single scissor			
20. Double outside cuts stepover			

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Imię i nazwisko:

zadanie	podpis rodzica	podpis trenera	
21. Triple scissor			
22. Inside rollover step on			
23. Step over, double scissors			
24. Pull push stepover			
25. Fancy toe tapping			
26. Step over turn			
27. U turn spin			
28. Pull spin			
29. Step over stop			
30. Variation			
31. Drag scissors			
32. Double drag scissors			
33. Pull through turn			
34. The whip			
35. Roll step over			
36. Tap behind spin			
37. Outside roll step behind 90			
38. Pull push, pull behind			
39. Pull back, around foot			
40. Sole heel step behind 90			