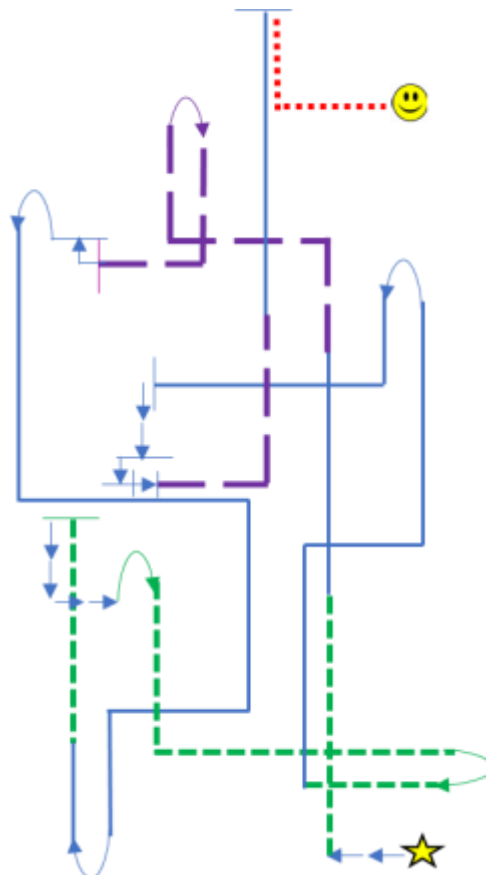




## HEELWORK FINALE WC 2021

Start	★
Normal pace	—
Fast pace	- - -
Slow pace	- - -
Step	▶
Walking backwards	· · · · ·
End	😊



2 steps forward - Right fast pace - Normal pace - Slow pace - Left - Right - About turn - Right - Stop - On the spot right - About turn normal pace - Left - Right - Right - Left - About turn - Fast pace - Stop - 2 steps back - 2 steps right - About turn fast pace - Left - About turn - Right normal pace - Right - Left - About turn - Right - Stop - 2 steps left - On the spot left - On the spot left - Slow pace - Left - Normal pace - Stop - Walking backwards - Right - Stop

**Good luck !**

