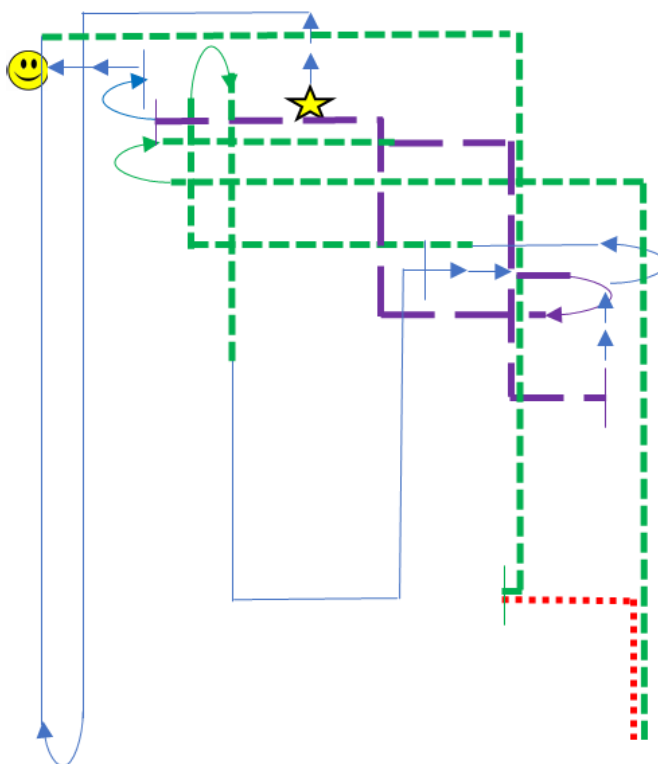




HEELWORK

QUALIFICATION WC 2021

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



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

Good luck ! 