

AUGUST 2024 | SPLASH | JIVE
LEAVE YOUR HAT ON | KILOTILE

4X8 INTRO

8X8 1) SLOW CHASSE ≠ 4X JOG

4X8 2) DOUBLE KICK BALL CHANGE ≠ JUMP/TUCK

8X8 1) REPEAT FWD/BACK

7X8 2) REPEAT

8X8 1) REPEAT TO SIDE