

seitliche
Wegschritte (1+3)
mit "tupf" (2+4)

rechts
1

tupf (L)
2

links
3

tupf (R)
4

1

2

3

4

1

2

3

4



A

we

A

we soma-gwa

za



B

yo

we



soma-gwa

yo

we =

C

we

yo

we soma-gwa

za



He

yo

D

we

yo

we soma-gwa-za



=