



(Erhöhungen optional)

- 1) JOG, JOG OVER
- 2) GATE LEFT HAND
- 3) WALK INTO BOX, 360° TURN EITHER WAY (LEFT OR RIGHT), WALK OUT
- 4) WALK OVER BRIDGE
- 5) LOPE OVER (RL)
- 6) JOG OVER
- 7) LOPE OVER (LL), JOG IN, STOP
- 8) BACK UP, WALK OUT, WALK OVER
- 9) JOG OVER  
JOG OUT

