


Hand-Kick Workout

deel 1: 16de noten


1 R k L k R k L k R k L k R k L k



2 R L k R L k R L k R L k




3 R L R k R L R k R L R k R L R k



4 R L R L R k R L R L R k R L R L R k R L R L R k



5 R L k k R L k k R L k k R L k k



6 R k k L k k R k k L k k



7 R L R L k k R L R L k k R L R L k k R L R L k k

