

## Movements & Fills

### Hand - Feet - Combinations Doubles in 16th

1

2

3

4

### Stickings:

Hände:

RL

LR

RR

LL

RL / LR

LR / RL

RR / LL

LL / RR

Füße:

RL

LR

RR

LL

RL / LR

LR / RL

RR / LL

LL / RR