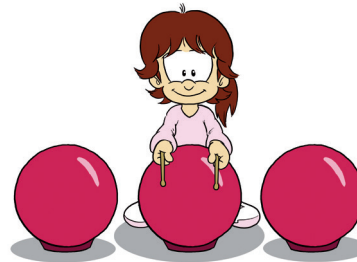
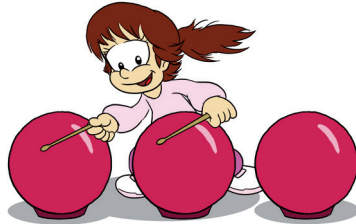
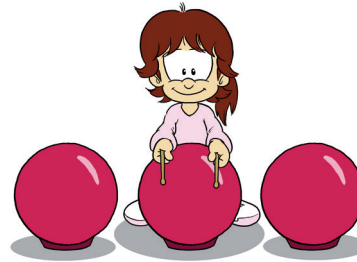
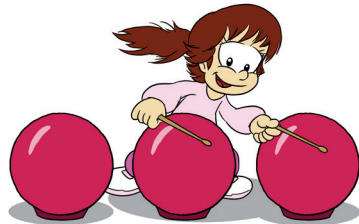


# STEP OUT LUNGE - RECHTS & LINKS

CH



1. Step out nach rechts, Single Beats am rechten Drum Set
2. Double Beats am eigenen Drum Set
3. Wiederhole links
4. Wiederhole rechts + links (Muster reduzieren 8x,4x,2x,1x)

*DREI DRUM SETS - TROMMELN*

# STEP OUT LUNGE

## RECHTS & LINKS