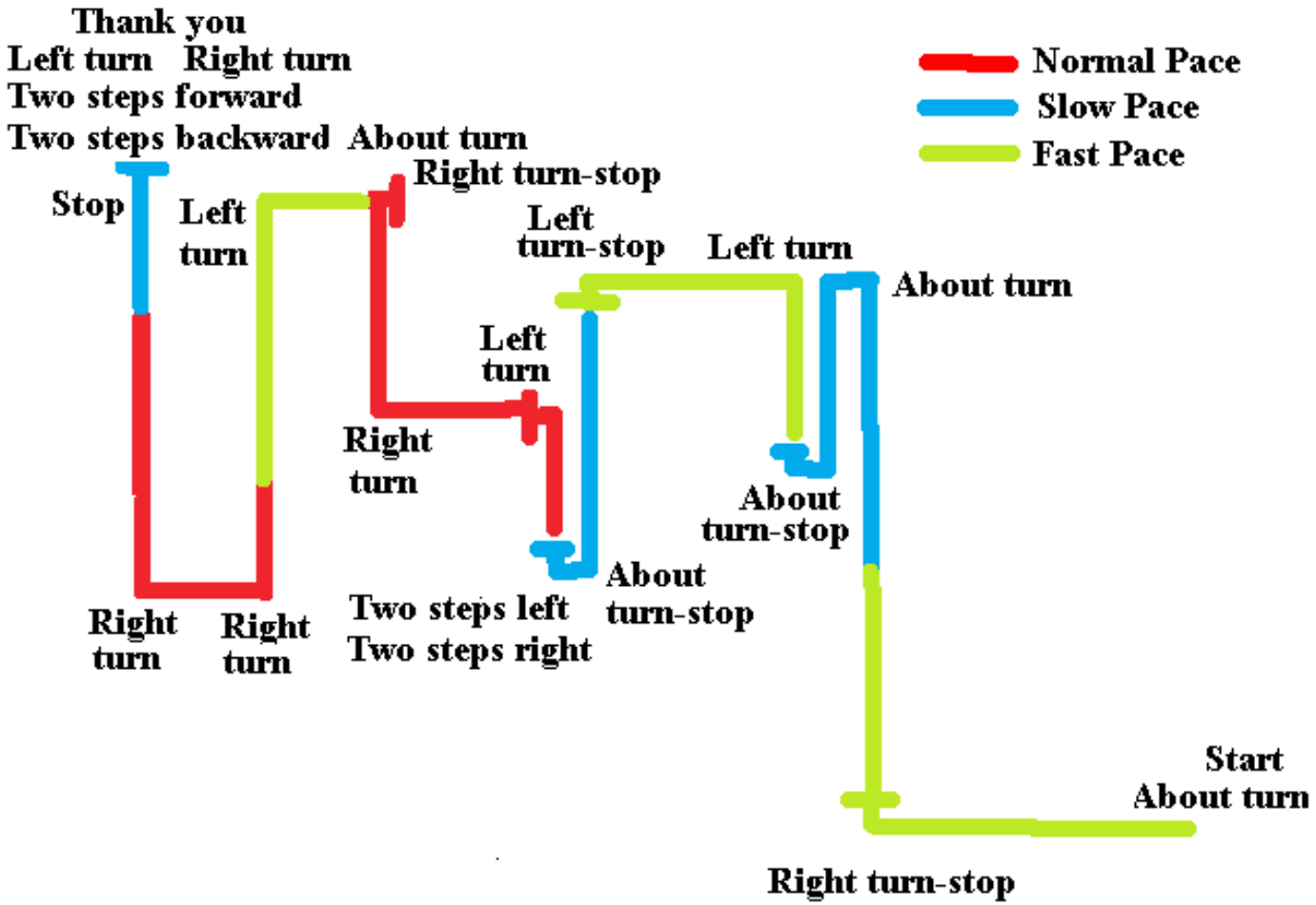
Heelwork Sunday
Condotta Domenica



Exercise start
About turn
Forward fast pace
Right turn-stop
Forward fast pace
Slow pace
About turn
About turn-stop
Forward fast pace
Left turn
Left turn-stop
Forward slow pace
About turn stop
Two steps to the left
Two steps to the right
Forward normal pace
Left turn-stop
Forward normal pace
Right turn
Right turn-stop
About turn
Forward fast pace
Left turn
Normal pace
Right turn
Right turn
Slow pace
Stop
Two steps forward
Two steps backward
Left turn
Right turn
Thank you