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TGC Classes: Yoga Inspired Stretch - Block 1 Breaths
Pose Description And Names Inhale / Exhale, X5
Standing Tall, Feet Hip Distance Apart, Arms Alongside
Body: Mountain Pose Inhale 1 / Exhale 1, X 10 (L&R, 5
Each Side) From Standing, Inhale Extend Arms Up
Alongsid 14th, 2024

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(slow)4x8Transitation Prepare For DeadliftStand High,

Bar On Top, Back To Set. V3S was 4x842/2 Deadlift Tip Forward Slowly. I Have You 4x843/1 Deadlift A A Little Slower. Instr 4x84 Single Deadrow Back Again Run, Down Hold Pull. Br You'll See 2x8 Transition To Prepare For Curls Tost High, Change Grip. Ref All Itself 4x842/2 Curl Curl Slow And Sleek. I'll 7th, 2024

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Choreography And Corporeality - Duke University

Of SDHS Between 2007 And 2013. Some Of Her Publications In English Are The Power Of Classi Cation , In Worlding Dance (2009), Ed. S.L.Foster; And Dancing African-American Jazz In The Nordic Region , In Nordic Dance Spaces: Practicing And Imagining A Region (2014), Eds. K.Vedel And P.Hoppu. 12th, 2024

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Choreography For The Screen, Dance 175:

Section 22371

Choreography For The Screen And Popular Dance Media. § Analyze The Parameters Of “successful” Choreography For The Screen Based On Identifiable Characteristics Of High Quality Work. § Engage In Conversations Surrounding Theoretical, Historical And Aesthetic Movement Signatures Stemming From Global Cultural And Pop Cultural Influences. 6th, 2024

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Knights Of North Castle © 2019 Andrew Wilson Choreography ...

Holds Imaginary Sword, R Arm Holds Imaginary Shield L Arm Slow Swipe In Front, LH Point To Left Temple Swipe Arms In ‘x’ Form In Front Point To Self L Thumb, R Thumb, Close Fists At Shoulders Point To Self L Thumb, R Thumb, Arms Across Chest, Arms P 21th, 2024

CHOREOGRAPHY: Jim And Adele Chico

BESAME MUCHO IV CHOREOGRAPHY: Jim And Adele
Chico 16325 Oak Canyon Drive, Morgan Hill, CA. 95037
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