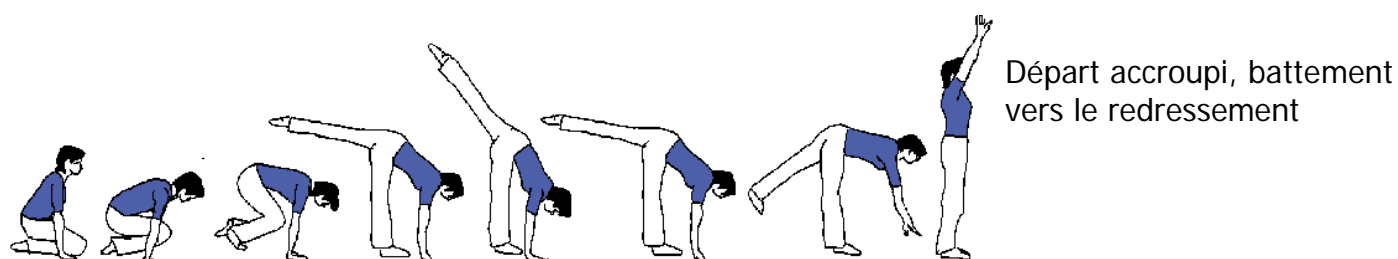
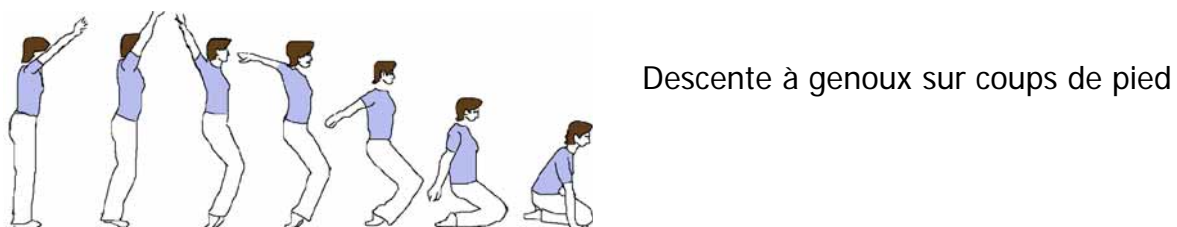
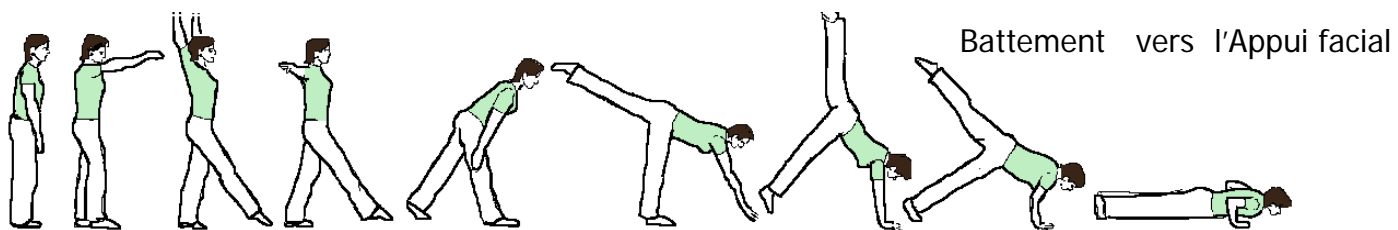
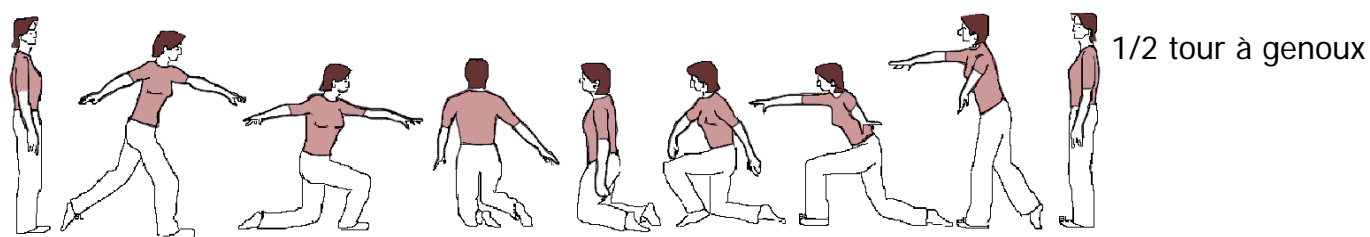
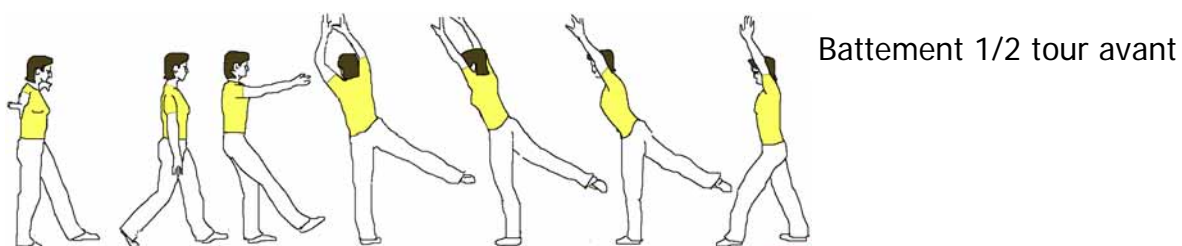
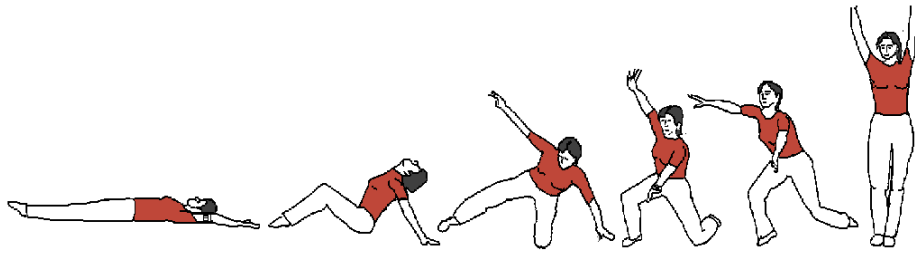


# Des LIAISONS pour les filles



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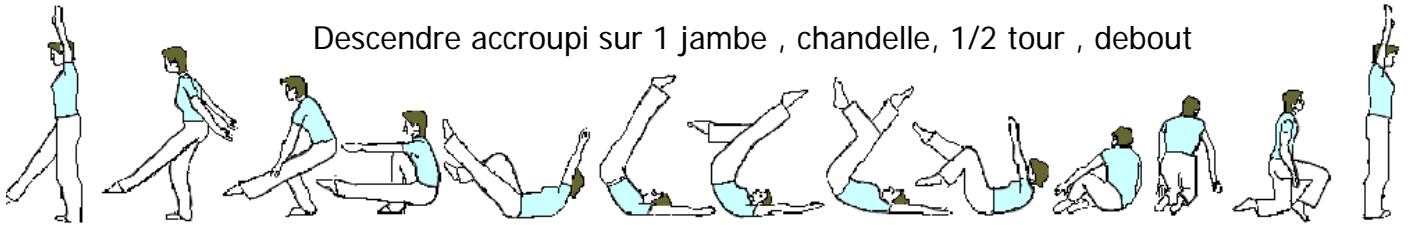


Départ dos, vague arrière, relevé par fente latérale

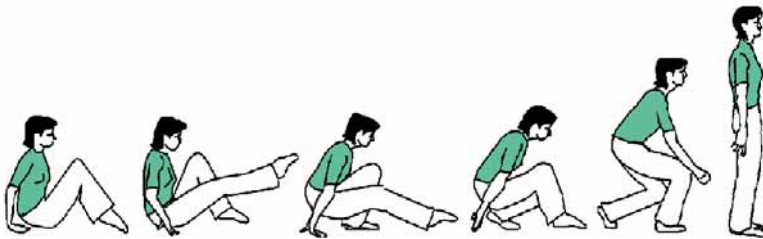
Départ ventre, battement et repoussé de bras, relevé sur 1 jambe



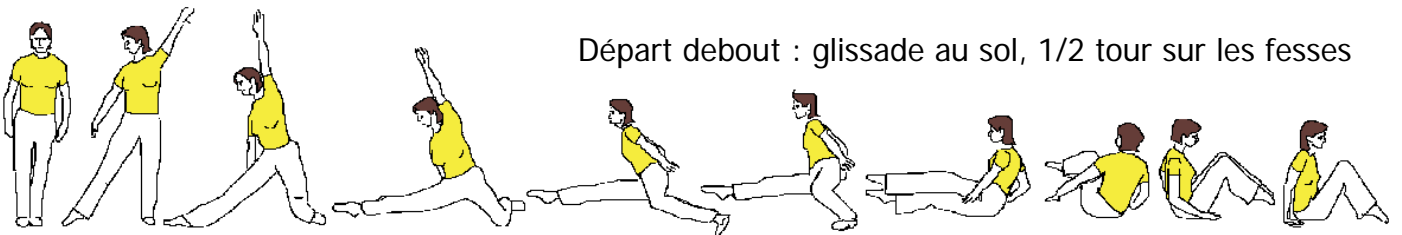
Descendre accroupi sur 1 jambe, chandelle, 1/2 tour, debout



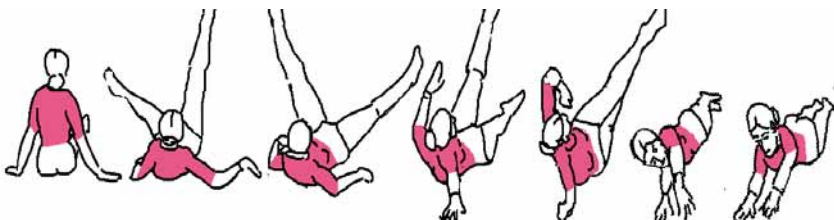
Départ assis : relevé accroupi avec pieds décalés



Départ debout : glissade au sol, 1/2 tour sur les fesses



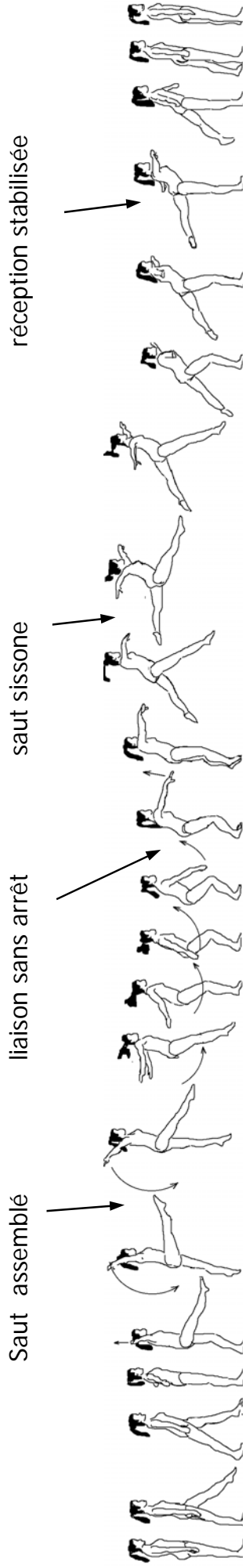
Départ assis, papillon terminé sur le ventre



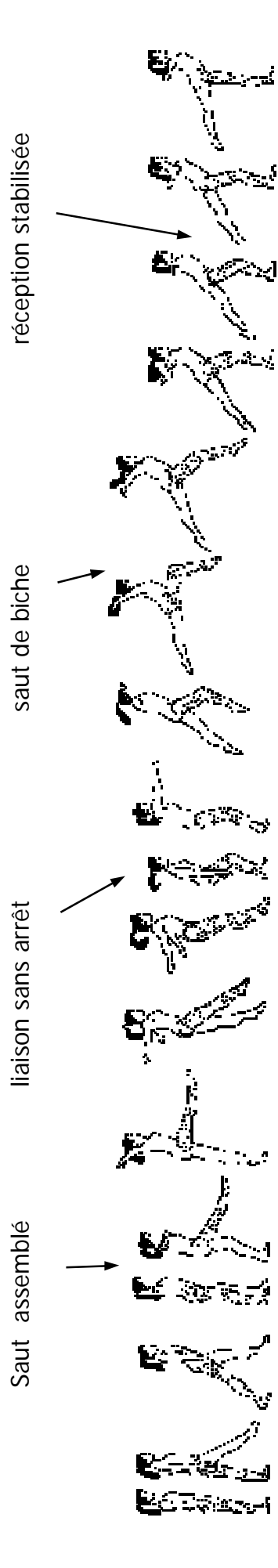
Départ ventre, papillon, se relever sur 1 jambe



## Saut ASSEMBLE - SISSONE



## Saut ASSEMBLE - Saut de biche



## Saut Tournant

