

- 3 espirazioni con risalita da gambe piegate →



- 1 colpo per liberare le spalle →



- abbraccio la palla con 2 mani →



- traslo →



- pettino la criniera del cavallo →



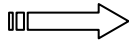
- prendo palla →



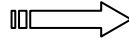
- spingo la montagna →



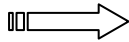
- saluto a Cesare



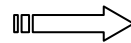
- prendo energia



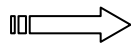
- spingo la montagna



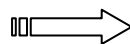
- accarezzo, separo, divido



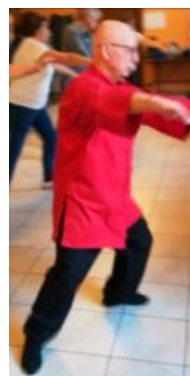
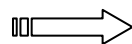
- carrello



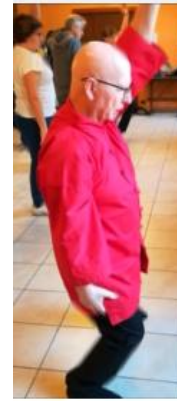
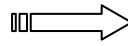
- spingo la montagna



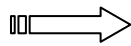
- traslo



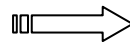
- prendo la coda del passero



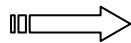
- spingo la montagna



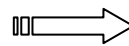
- accarezzo, passato, presente, futuro



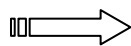
- taro il liuto



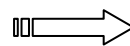
- spallata con mano sinistra sotto ascella



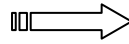
- airone sale al cielo



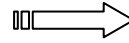
- prendo in braccio la tigre



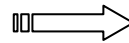
- la porto in montagna



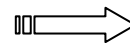
- taro il liuto



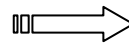
- prendo palla



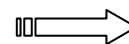
- spingo la montagna



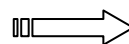
- prendo palla



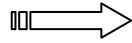
- spingo la montagna



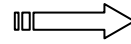
- prendo palla



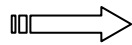
- spingo la montagna



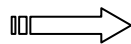
- prendo palla



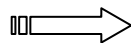
- spingo la montagna



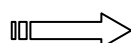
- faccio 5 passi e poi pugno



- accarezzo

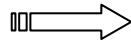


- carrello

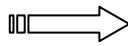




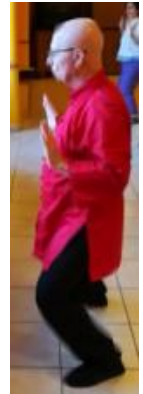
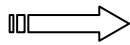
- spingo la montagna



- giro a destra



- traslo



- riunisco i piedi e chiudo

