

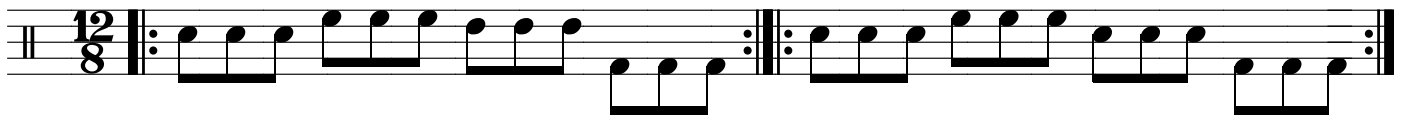
Fills basiques. Croches ternaires.

Exercices à refaire en ajoutant les temps au pied ; grosse caisse ou charleston.

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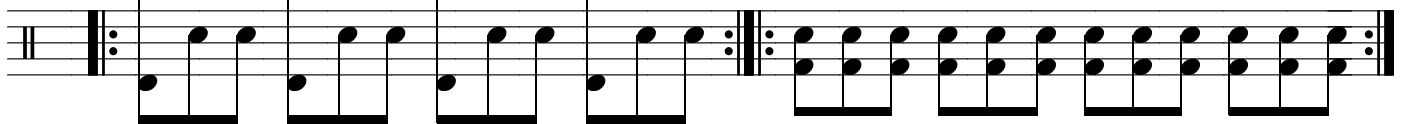
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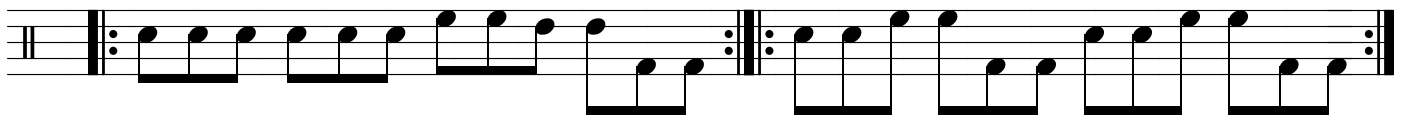
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Exercices de déplacement des mains

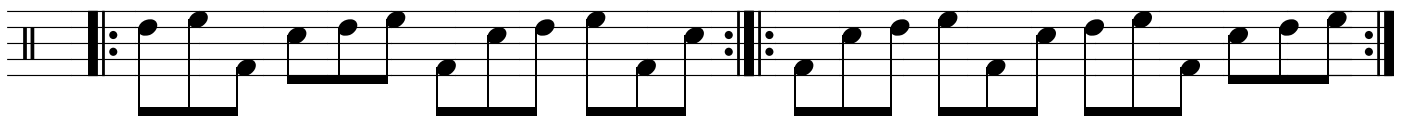
Haut-bas

Bas-haut

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Gauche-droite

Droite-gauche

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