

## DISCOSWING FIGURES

### Discoswing figuren Januari 2016

1. Basic
2. Cross
3. Left Turn
4. Superman
5. Right Turn
6. First Move
7. Sweetheart
8. Bow Tie
9. Sliding Door & Sunshine
10. Package
11. Spinturn (lady/man)
12. Combination Two hands
13. Combination Sliding Door
14. Roulette with catchback
15. Combination one hand
16. Butterfly
17. Turn the Lady
18. Elbow Spin
19. Catapult & Spinturn lady
20. Combination Sliding door, turn the lady, elbow spin, catapult
21. Wrap Around
22. Catapult down
23. Roll The Barrel
24. Catapult Two hands, elbow spin
25. Spider
26. First Move Basket
27. Rainbow
28. Pretzel
29. To be continued .....