

## INTERMEDIATE #1 LESLIE LETHAL

**Video:** Leslie Lethal, Canada <http://lethalleslie.blogspot.com>  
**Übersetzung:** Isa Brückler, Tuttlingen [www.isa-tut.de](http://www.isa-tut.de)

<i>Counts</i>	<i>Schritt</i>	<i>Aufbau</i>
<b>BLOCK 1</b>		
1 – 2	V-Step re, li up	2 x V-Step
3 – 4	re in, li lift knee	
5 – 6	step li, re lift knee	
7 – 8	Exit re, li	
1 – 8	L-Step mit knees re	
1 - 2	step knee lift li	Step knee" around the world"
3 & 4	down re <b>&amp; li STEP up</b> , re STEP up	
& 5	<b>&amp; li down</b> nord, re STEP up	
6 – 8	lift li, down nord li, re	
1 – 8	wh nach Hause	
<b>4 x 8</b>	<b>Mit LF beginnend wiederholen</b>	
<b>BLOCK 2</b>		
	<u>Hamstring front / back:</u>	
1 – 4	step curl re	
5 – 8	step curl li am Boden zurück (high)	
	<u>Weave:</u>	
1 - 4	step leg side re (down nord)	
5 – 8	step leg side li (exit)	
	<u>Reverse skate:</u>	REP 3
1 – 3	re up west, li curl, li STEP ost (Blick süd)	
4 – 6	curl re, STEP re, curl li	
7 – 8	exit li, re (½ Rechtsdrehung – Blick nord)	
	<u>Orbit:</u>	
1 – 4	over the Top li (Blick ost) ½ Rechtsdrehung	
5 – 8	over the Top li (Blick west) Drehung Blick nord	
<b>4 x 8</b>	<b>Mit LF beginnend wiederholen</b>	
<b>BLOCK 3</b>		
1 – 8	REP 3 Variation (Scissor)	REP 3
1 – 4	re Step knee lift, STEP li, lift re	REP 3
5 – 8	STEP re, lift li, exit li, re	
1 – 2	(Blick west) up re, li	
3 - 8	lunges down behind re, front li, behind re	
9 – 10	exit li, re	
1 – 6	3 x jumping jack	
<b>4 x 8</b>	<b>Mit LF beginnend wiederholen</b>	

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<b>Counts</b>	<b>Schritt</b>	<b>Aufbau</b>
<b>BLOCK 4</b>		
1 - 3	step lift re	REP 4
4 - 5	scissor li, re	
6	side leg li (nach nord schwingen)	
7 - 8	down nord li, re	
9 - 10	spring over nach süd li, re	
1 - 6	baby mambo li, re	
	<u>Reverse knees:</u>	
1	li up ost (½ Rechtsdrehung – Blick süd)	
2 - 3	knee lift re, re STEP west (Drehung – Blick west)	
4	knee lift li (Drehung – Blick nord)	
5 - 6	li stomp down west, re stomp STEP	
7 - 8	exit li, re	
1 - 8	high kick li, re	
<b>4 x 8</b>	<b>Mit LF beginnend wiederholen</b>	