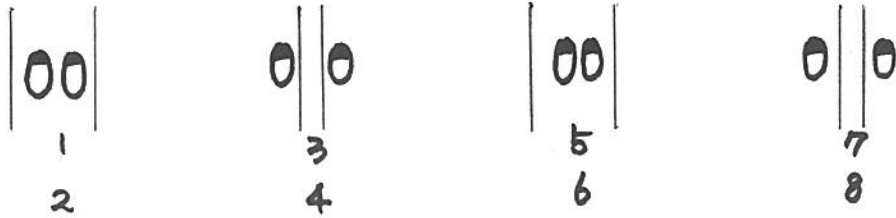
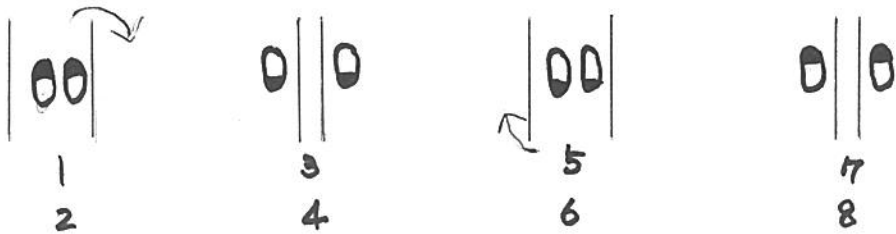


터니클링 기본스텝 연습하기

1. 다리 벌려 뛰기



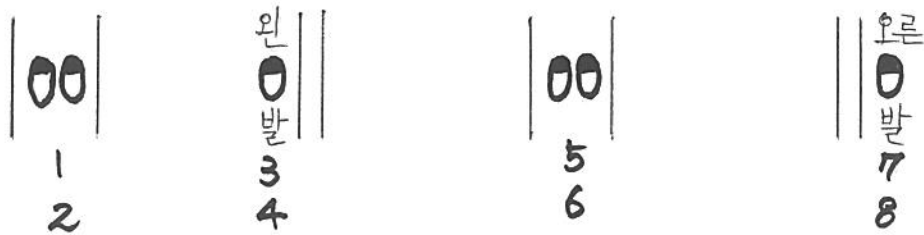
2. 다리 벌려 뛰며 돌기



3. 모뎀발 뛰기



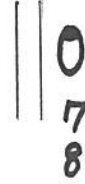
4. 모뎀발로 한발 뛰기



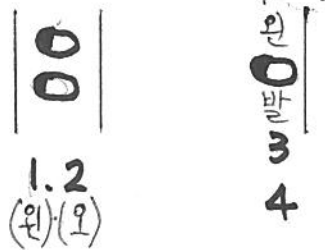
5. 한발 뛰며 다리 벌려 뛰기



6. 달리며 한발 뛰기



7. 가로 질러 뛰기



8. 엇갈려 뛰기

