**KROKY AEROBIC**

1. MARCH
* center
* straddle
1. STEP TOUCH
	* scoop
	* single
	* front
	* back
	* double
	* box
	* L
	* Turn
	* Double diagonal
	* Cross front
	* Cross back
2. SLIDE
3. SIDE TO SIDE
	* Front
	* Back
	* double
4. LEG CURL
	* Single
	* Double
	* Repeater
	* Box
	* L
5. HEEL UP
6. KNEE UP
	* Single
	* Repeater
	* In
	* Out
	* L
	* Double L
	* box
7. LEG LIFT
	* front
	* side
	* back
	* side leg lift
	* Heel tap
	* Knee up
	* Knee + heel
	* Jump
	* L
	* Diagonal
	* box
8. STEP KNEE UP
	* step knee up repeaters
9. V – STEP
10. REVERSE V – STEP / A STEP
11. MAMBO
	* Pivot
	* Rock step
	* Půl
	* Six
	* back
12. TAP
* Heel
* Front
* Back
* Side
* Double
* cross
1. LUNGE
	* Front
	* Back
	* side
2. KICK
	* front
	* side
	* back
3. STOMP
4. REGGAE
5. SQUAT
6. PLIE
7. JOGGING
	* Front
	* Back
	* Diagonal
	* straddle
8. PONNY
	* Front
	* Back
	* L
9. CHA CHA
10. CHASSÉ
11. KICK BALL CHANGE
12. HORSE
13. JUMPING JACK
	* heel jack
14. HITCH KICK
15. SHUFFLE -
16. PENDELUM
	* Single
	* double -
17. TWIST
	* Front single
	* Back single
	* Center
	* Double bounce
18. SCISSORS
19. AIR JACK