**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