

6000 TOUCHES IN 10 DAYS!

DAY 1 2 3 4 5 6 7 8 9 10

TOE TAP PULL BACK

SIDE SWIPES

BELLS 180

FULL PULL BACKS

INSIDE OUTSIDE RIGHT

INSIDE OUTSIDE LEFT

BELL SCISSORS

PULL BACK LACES

PULL BACK INSTEP

ROLL OUTSIDE TOUCH

BELL BELL ROLL