

**! C ? 5 @- 8 = B 5 = A 8 2 DanceBatut**

dancemaster, B > @ = 8 : 02 / = 2 0 @ L 2018 - 07:10:22

! C ? 5 @ 8 = B 5 = A 8 2 Dance Batut

- M B > 7 0 @ O 4 1 > 4 @ > A B 8,

E > @ > H 5 3 > = 0 A B @ > 5 = 8 O, B @ 5 = 8 @ > 2 : 0 3 ; C 1 > : 8 E < K H F,
: > @ 4 8 = 0 F 8 8 8 2 K => A ; 8 2 > A B 8. A 5 3 > 5 4 = 5 9 ? > G 0 A C 8 2 K
A ? 0 A 5 = K > B ? > A ; 5 4 A B 2 8 9 => 2 > 3 > 4 = 8 E H 0 ; > A B 5 9 ! 4 Q < 0 A 3 - 7
O = 2 0 @ O 11:00 2 ShallWeDance 5 : @ 0 A > 2 : 0!

0 ? 8 A L = 0 A 0 9 B 5 8 ; 8 ? > B 5 ;:
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- ? > A ; 5 4 = 5 5 2 @ 5 < O ? > O 2 ; O 5 B A O
< = > 3 > = > 2 K E 2 8 4 > 2 D 8 B = 5 A 0, 8
> 4 = 8 < 8 7 A 0 < K E 8 = B 5 @ 5 A = K E A B 0 ;
4 6 0 < ? 8 = 3 D 8 B = 5 A 8 ; 8 B 0 = F K = 0
1 0 B C B 5. % C 4 5 B L, ? @ K 3 0 O - 2 5 A 5 ; >
: > 3 4 0 B 0 : > 5 2 5 A 5 ; L 5 5 1 5 8 ? @ 8 = > A 8 B ? > ; L 7 C > @ 3 0 = 8 7 < C,
E > G 5 B A O ? > 1 K A B @ 5 5 5 3 > ? @ > 1 > 2 0 B L. B 0 ; ? > ? @ K 3 0 ; 8 !

- @ > 3 @ 0 < < 0 ? > 4 E > 4 8 B 4 ; O ; N 1 K E 2 > 7 @ 0 A B > 2 , 3 ; 0 2 = > 5
? @ 0 2 8 ; L = > @ 0 A A G 8 B 0 B L = 0 3 @ C 7 : C. Dance Batut - M B > 2 5 A 5 ; K 5
? @ K 6 : 8 ? > 4 7 0 6 8 3 0 B 5 ; L = C N < C 7 K : C. A ; 8 2 K = 0 G = 5 B 5, B > C 6 5
? @ > A B > = 5 2 > 7 < > 6 => > A B 0 => 2 8 B L A O. M B > < B 0 = F K = 0
1 0 B C B 5 > G 5 = L ? > E > 6 8 = 0 7 C < 1 C (zumba fitness) 8 4 0 6 5 2
= 5 : > B > @ > < @ > 4 5 A > A B 0 2 ; O 5 B 5 < C 1 > ; L H C N : > = : C @ 5 = F 8 N.
> 2 @ 5 < O 7 0 = O B 8 9 A 6 8 3 0 N B A O : 0 ; > @ 8 8, A = 8 6 0 5 B A O 2 5 A, 0
= 0 A B @ > 5 = 8 5 2 7 ; 5 B 0 5 B 3 > @ 0 7 4 > 2 K H 5, G 5 < 2 K < > 6 5 B 5
? > 4 ? @ K 3 = C B L.

- # = 8 : 0 ; L = K 5 C ? @ 0 6 = 5 = 8 O, 4 @ 0 9 2 > 2 K 9 B 5 < ?,
< > B 8 2 0 F 8 > == 0 O < C 7 K : 0 - = 5 2 5 @ > O B => M D D 5 : B 8 2 = K : 0 : 4 ; O
D > @ < 8 @ > 2 0 = 8 O > B ; 8 G => 3 > = 0 A B @ > 5 = 8 O, B 0 : 8 4 ; O A 6 8 3 0 = 8 O
; 8 H = 8 E : 0 ; > @ 8 9. ; 0 2 = K < ? @ 5 8 < C 1 5 A B 2 > < O 2 ; O 5 B A O
1 5 7 > ? 0 A => A B L, B : 1 0 B C B E > @ > H > 0 < > @ B 8 7 8 @ C 5 B, 8 8 < 5 ==>
M B 0 > A > 1 5 ==> A B L A = 8 < 0 5 B = 0 ? @ O 6 5 = 8 5 A A C A B 0 2 > 2 8
? > O A = 8 F K, : > B > @ K 5 G 0 1 5 2 A 5 3 > A B @ 0 4 0 N B 2 > 2 @ 5 < O 7 0 = O B 8 9
4 @ C 3 8 < 8 0 : B 8 2 = K < 8 2 8 4 0 < 8 D 8 B = 5 A 0.



- 5 0 ;L=> ;8 ?>EC 45 BL, ?>A 510 O 46 0 < ?8 = 3- D 8 B = 5 A?
> = 5 < E > 4 O B B > ;L:> ?>;>6 8 B 5 ;L=K 5. 'B > 1 K

?>G C 2 A B 2 > 2 0 B L M D D 5 :B, =C 6 => ?>A 510 B L B @ 5 = 8 @ > 2 :8
4 2 0 - B @ 8 @ 0 7 0 2 = 5 4 5 ;N 8 1 5 7 ? @ > ? C A :> 2!

- D D 5 :B > B 7 0 = O B 8 9 DANCE-BATUT:

1. ! 6 8 3 0 5 B 6 8 @ K, A ?>A > 1 A B 2 C 5 B ?>E C 4 5 = 8 N
2. # ;C G H 0 5 B @ 0 1 > B C A 5 @ 4 5 G =>- A > A C 4 8 A B > 9, ;8 < D 0 B 8 G 5 A :> 9 8
= 5 @ 2 => 9 A 8 A B 5 <
3. # ;C G H 0 5 B B @ 0 = A ?> @ B :8 A ;> @ > 4 0 2 B :0 = 8
4. 5 3 C ;8 @ C 5 B > 1 < 5 = 2 5 1 5 A B 2
5. # 2 5 ;8 G 8 2 0 5 B 6 8 7 = 5 = = C N 5 < :> A B L ;5 3 :8 E
6. # :@ 5 ? ;O 5 B 3 ;C 1 8 = = K 5 < K H F K (2 B . G < K H F K B 0 7 > 2 > 3 > 4 = 0)
7. # ;C G H 0 5 B < K H 5 G = K 9 B > = C A, C :@ 5 ? ;O 5 B 2 A 5 < K H F K
8. > 2 K H 0 5 B 2 K => A ;8 2 > A B L
9. 5 ? 5 @ 5 3 @ C 6 0 5 B A C A B 0 2 K 8 A ? 8 = C
10. 0 7 2 8 2 0 5 B 4 2 8 3 0 B 5 ;L = C N 0 :B 8 2 => A B L 8 :>> @ 4 8 = 0 F 8 N
11. ! ? > A > 1 A B 2 C 5 B C ;C G H 5 = 8 N = 0 A B @ > 5 = 8 O
12. # < 5 = L H 0 5 B 4 5 ? @ 5 A A 8 N