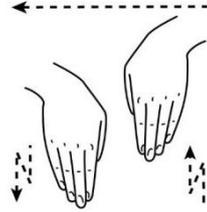
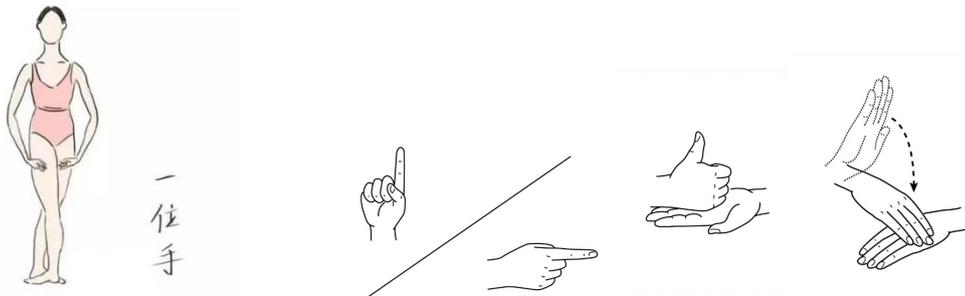


六、舞蹈

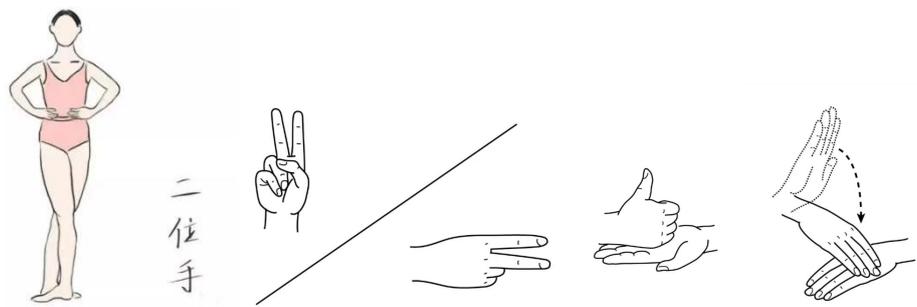
1、芭蕾舞



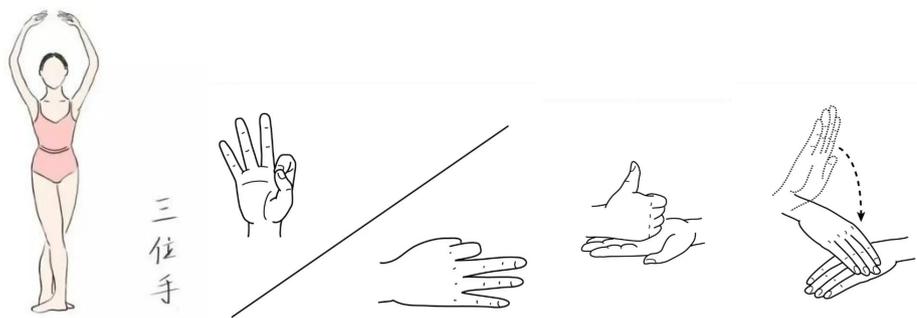
一位手



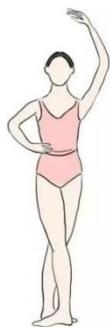
二位手



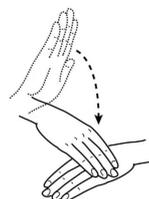
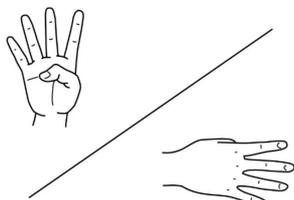
三位手



四位手



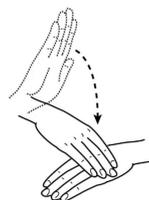
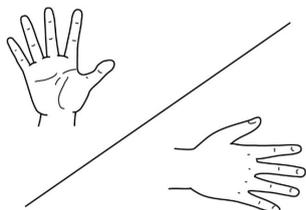
四位手



五位手



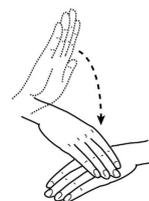
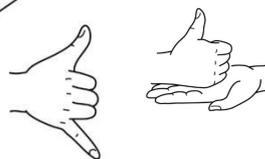
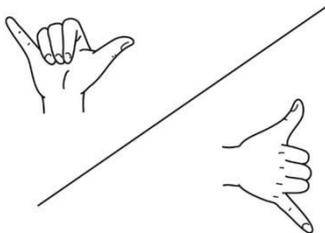
五位手



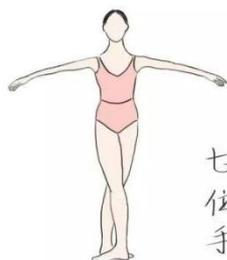
六位手



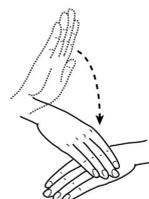
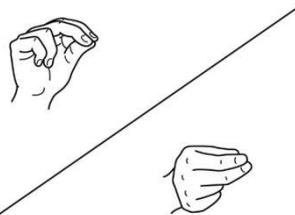
六位手



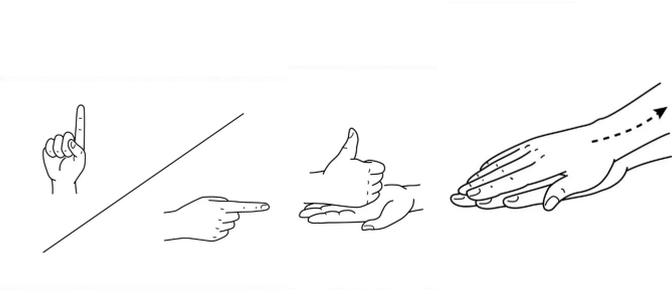
七位手



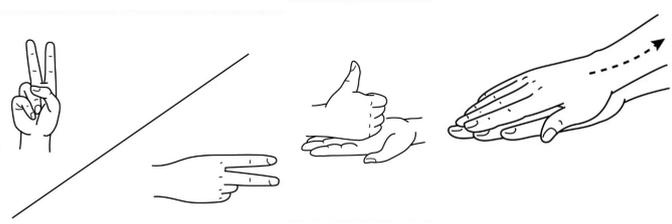
七位手



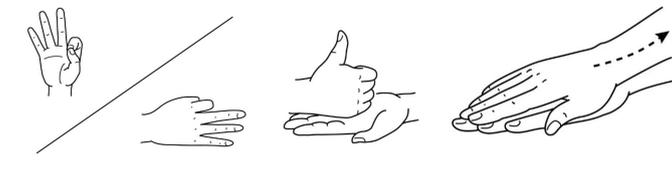
一位脚



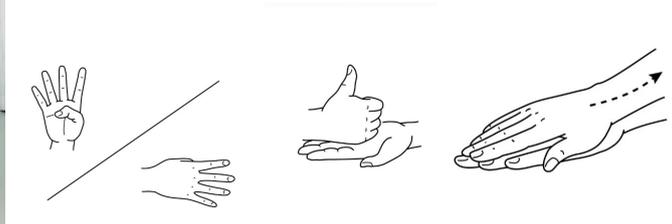
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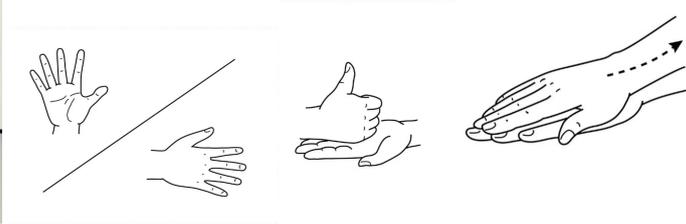


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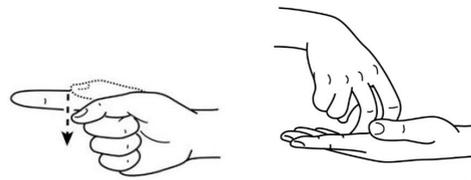
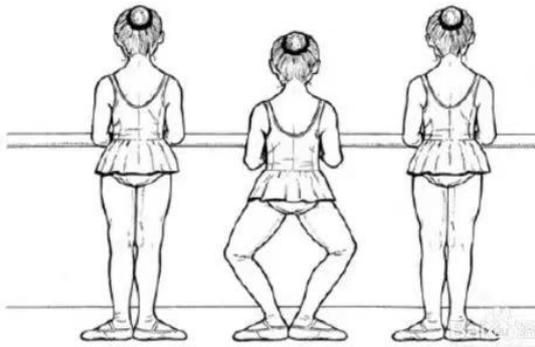


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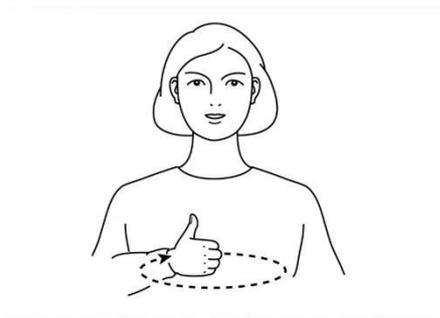




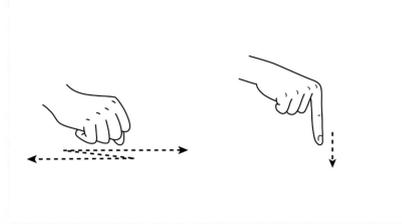
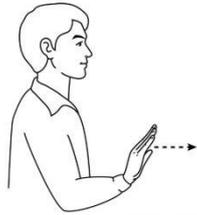
半蹲



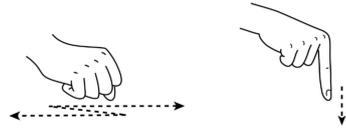
全蹲



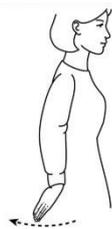
前擦地



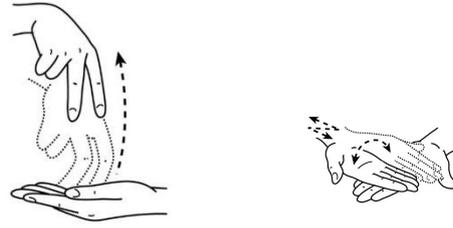
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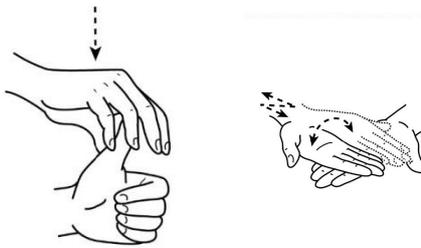
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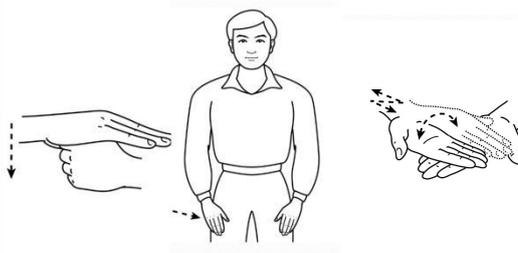
跳跃训练



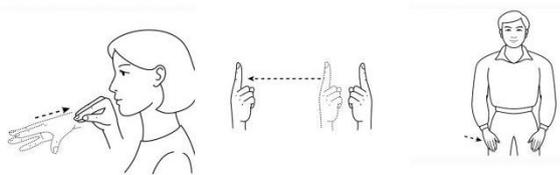
控制训练



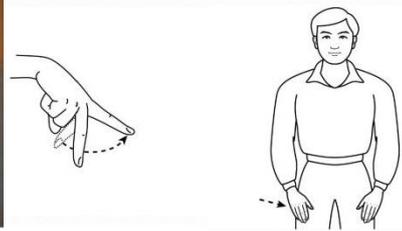
压前屈



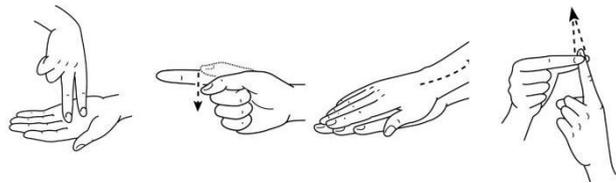
吸伸腿



踢腿训练



立半脚尖



转的训练

