

Flam Exercises

Shopping Spree

♩ = 130+

CHECK **Flam Drags**

R I r L r I etc..

Cheese

Flam Five

Chuta-cha-tas

Cheese Chuta-cha-tas

Inverts

R I L r R I L r R I L r

Cheese Inverts

RR I LL r RR I LL r RR I LL r

Swiss Flam Drag - Right Side

R r I R r I R r I R r I R rr I R rr I R rr I R rr I

Swiss Flam Drag - Left Side

L I r L I r L I r L I r L II r L II r L II r L II r

R I r L r I etc..