

Stops

2-Foot Side Stop (CW/CCW)



Forwards Inside Side Stop (R/L)



Backward Inside Side Stop (R/L)



Forwards T-Stop- foot in front (R/L)



Forwards T-Stop- foot behind (R/L)



Backwards T-Stop (R/L)



Inside 3 Stop (R/L)



Backwards Pivot T-Stop (R/L)

