

Pas de Bourree

A Crib Sheet!

devant

(FF) Front Side Front

derriere

(BF) Behind Side Behind

over

(FF) Front Side Behind

under

(BF) Behind Side Front

Start with your right foot in front and try these.

You can do all these starting with the 'wrong' foot too.

devant

(BF) Front Side Front

derriere

(FF) Behind Side Behind

over

(BF) Front Side Behind

under

(FF) Behind Side Front

(FF) - FRONT FOOT (BF) - BACK FOOT

