

# Kick Sneakers

## Exercises

1 1 e + 2 + 3 + 4 +

2 1 + a 2 + 3 + 4 +

3 1 + 2 e + 3 + 4 +

4 1 + 2 + a 3 + 4 +

5 1 + 2 + 3 e + 4 +

6 1 + 2 + 3 + a 4 +

7 1 + 2 + 3 + 4 e +

8 1 + 2 + 3 + 4 + a

### Grooves with sneaker kicks

1 + e 2 + 3 + 4 +

1 + 2 + a 3 + 4 +

1 + 2 + 3 e + 4 +

1 + 2 + 3 + 4 e +

## Grooves with two sneaker kicks

1 + e 2 + a 3 + 4 +

1 + 2 e + a 3 + 4 +

1 + e 2 e + 3 + 4 +

1 + 2 + 3 e + 4 e +