

# Shakerübungen

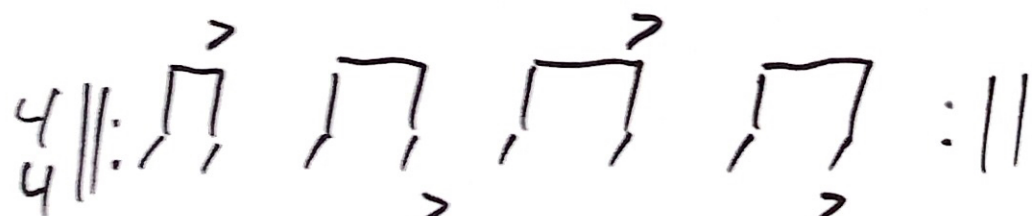
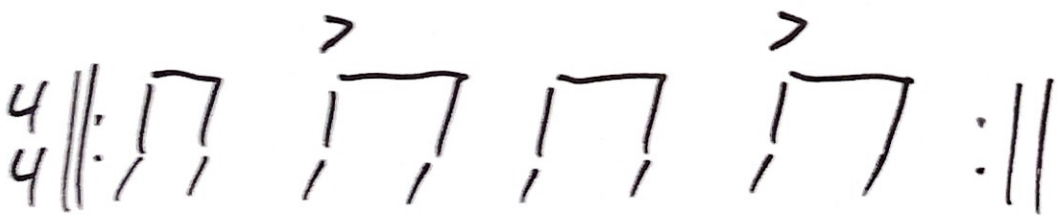
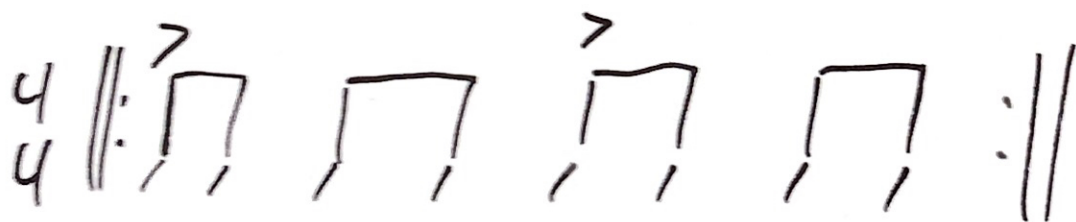
## schieben:



## Werfen:



## Kombinationen:



Üben zu „September“ von Earth, Wind & Fire.

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