* UVODNI DIO - ZAGRIJAVANJE

<https://www.youtube.com/watch?v=8M9gsu3lYHc>

* GLAVNI DIO SATA

Osnovni oblici kretanja uz glazbu različitog ritma i tempa

<https://www.youtube.com/watch?v=t6PmB6tMBOc>

Kolut natrag niz kosinu

<https://www.youtube.com/watch?v=eyVje_E45no>

<https://www.youtube.com/watch?v=dYQUrdehMR0>

* ZAVRŠNI DIO SATA

<https://www.youtube.com/watch?v=_DnlDT-cCNE>