

# Co-ordination Killer!

1. R L R L R L R L R L R L R L R L
2. R R L L R R L L R R L L R R L L
3. R L L R L L R L L R L L R L L
4. R L R R L R L L R L R R L R L L
5. R L R L L R L R L L R L R L L
6. R L R L R R L R L R L L
7. R L R L R L L R L R L R L L
8. R L L R L L R L R L L R L L R L

Play exercises 1 to 8 with the hands over exercise 1 on the feet. Repeat the process moving through each of the exercises with the feet.

Use a metronome, aim for precision and keep the tempo low!