

Drums Alive® Power-Beats

beats	Bewegung	R/L	Schläge	Bemerkung
1 - 4	squat-Position	R	single beat	Intro
5 - 8	squat-Position	R	click vor dem Körper	
9 - 12	squat-Position	L	single beat	
13 - 16	squat-Position	L	click vor dem Körper	
17 - 32	Wiederholung	R/L		
1 - 16	squat-Position	R/L	2 x front ball/2 x back ball	
17 - 24	squat-Position	R	single beat	
25 - 32	Ausfallschritt	R	rumble	
1 - 32	squat-Position	R	8 x single beats small/8 x single beats big	x 2
1 - 8	shuffle	R	side/click	shuffle um 2 Bälle herum
9 - 16	squat-Position	R/L	side/click double	
17 - 32	Wiederholung	R		
1 - 32	squat-Position	R/L	cross over	4 - 4 - 2 - 2 - 1 - 1 - 1 - 1
1 - 32	scissors re/li + Jumping Jack	R	front ball/back ball + side click	
1 - 32	split ball + squat position	R	single beat - oben2/Boden2/oben2/Boden2/oben8	split ball - Blick nach li
1 - 16	split ball wie oben	R/L	double beat / challenge	split ball 4/back ball 4/split ball 4/front ball 4
17 - 32	Wiederholung andersherum			
1 - 32	grapevine mit Flip	R/L	mit Flip - overhead click	
1 - 32	squat-Position	R	trance beat mit click	
1 - 32	squat-Position	R/L	front ball/back ball	4 - 4 - 2 - 2 - 1 - 1 - 1 - 1 x 2
1 - 4	squat-Position	R	single beat	
5 - 8	squat-Position	R	click vor dem Körper	
9 - 12	squat-Position	L	single beat	
13 - 16	squat-Position	L	click vor dem Körper	
17 - 32	Wiederholung	R/L		
1 - 32			everything you want	
			Wiederholung alles li beginnend	