
Learn the "Brown" and "Singer" Rolls

[1]

In this 47-minute video, Maureen brings another collection of skills to the video screen. In a 'class' setting with one of her students, Maureen teaches some iconic rolls - the Brown Roll (named for Alison Brown), the now-iconic Singer Roll (name for Stacy Singer), some vertical and horizontal contact material for all levels of development, and some exercises for demi-pointe strength and hip flexibility. This is a MUST-HAVE for athletes and coaches alike.

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By admin at Fri, 08/07/2020 - 14:46

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