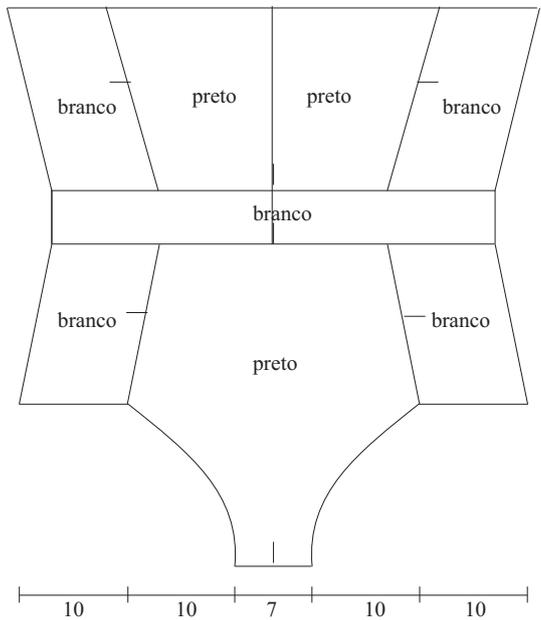


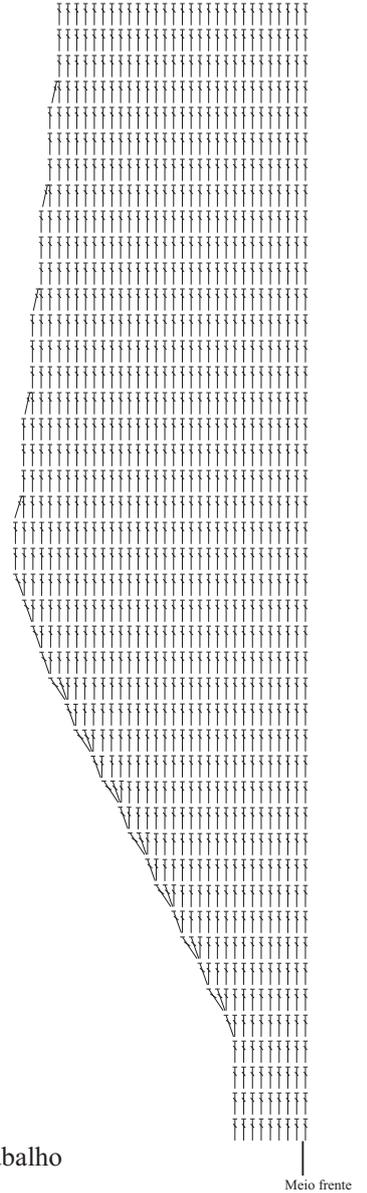
**Costas**



**Calcinha - Costas**



**Calcinha - frente**



**Legenda**

- o = corr.
  - + = p. b.
  - ↑ = p. a.
  - = sentido do trabalho
- Repetir de \* a \*

**Ponto fantasia**

