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## Focusing on Dance and Body Movements with Thomas Johansen

Thomas will teach you artistry and expression at its absolute finest - designing a complete routine on-screen. His movement and combinations can be adapted for all levels of athletes and this material can easily be used for Artistic Twirl and Freestyle. Athletes will have that “special look of quality” that will label them as a twirling “artist”.

Tags: [TwirlNations-On-Demand](#) [1]

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### Source

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### Links

[1] <https://www.cbf.ca/tags/twirlnations-demand>