

Assunto: **Re: HARD ON – horários**
De: Fred.Farah <fred@birutafilmes.com.br>
Para: Fernanda <fernanda@birutafilmes.com.br>
Data: 24/06/2022 15:43

locav//eb



Em 12/02/2015 17:03, Joao Mauricio Leonel escreveu:

ola pessoal!

entao o equipamento chegará as 10h30 e vamos começar a montar, a Maruska pode chegar uams 11h.

Rua Fabia, 22.

<https://www.google.com.br/maps/place/R.+F%C3%A1bia,+22+-+Vila+Romana,+S%C3%A3o+Paulo+-+SP/@-23.527083,-46.6913679,17z/data=!3m1!4b1!4m2!3m1!1s0x94cef874fbc9d775:0xeff9d069067074a6>

Joao Mauricio Leonel
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+5511 98187-6119
iChat: ogro666@mac.com
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<https://vimeo.com/channels/joaomauricio>

On 12Feb, 2015, at 10:14, Fred. Farah <fred@birutafilmes.com.br> wrote:

Oi pessoal, bom dia !

O equipamento será levado por transporte contratado nosso.
Chegará as 10 e 30h.

Com a camera irão 4 cartões de 32gb.

Abcs

Fred

De: "Joao Mauricio Leonel" <joaomleonel@gmail.com>
Em: Quinta-feira 12 de Fevereiro de 2015 09:55,
Para: fabio@fabiohoffmann.com.br
Assunto: Re: Letra, movimentos e mp3

Bom dia gente, tudo bem?

Tudo certo pra amanhã?

Maruska, que horas voce consegue chegar?

Fred, que horas a gente consegue pegar as coisas pra ja descarregar la no estudio hoje?

Abs

João Maurício Leonel
+55 11 98187-6119

On 9 Feb 2015, at 14:30, <fabio@fabiohoffmann.com.br> <fabio@fabiohoffmann.com.br> wrote:

Pessoal, está ai letra, e logo abaixo links para os movimentos.

a maioria dos videos estava no site que passei pro joão <http://poledancedictionary.com>

Mp3 em anexo.

Att,
Fabio

POLE DANCE

Music: C Hoffmann / F Hoffmann / R Amaro

Lyrycs: F Hoffmann

Hoo

Yeah, yeah, yeaaaaaah... wowww

Rock your bottom spin, Hook and roll

Barbed wire

Hip lock walk down, Diamond cut

Bum Slider

Inverted Crucifix, Snake Pose

Stargazer

Death Lay, Chopsticks

Flying Ballarina, Swivel Hips

SPININ'

ROUND N'ROUND

SLIDIN'

UP N'DOWN

TEASIN' N' PLEASIN'

SHE'S GONNA PLAY WITH YOUR MIND LIKE A CRAZY ROMANCE

WITH THE EXOTIC MOVES OF HER POLE DANCE

Spiner,Twisted grip hand spring dead lift

Z-seated

Bottle Rocket, Angel, Princess Grip

Russian Split

Flat Lined Scorpio,Cartwheel

Walk down pole

Rockstar, Slinky, Splash

Flying Showgirl, Sexy flex

SPININ'

ROUND N'ROUND

SLIDIN'

UP N'DOWN

TEASIN' N' PLEASIN'

SHE'S GONNA PLAY WITH YOUR MIND LIKE A CRAZY ROMANCE

WITH THE EXOTIC MOVES OF HER POLE DANCE

And there she goes... round and round

And there she goes... yeaaaah

(uhhh) And there she goes... up and down

And there she goes...

SPININ'

ROUND N'ROUND

SLIDIN'

UP N'DOWN

TEASIN' N' PLEASIN'

EXOTIC MOVES ON THE POLE DANCE

SPININ'

ROUND N'ROUND

SLIDIN'

UP N'DOWN

TEASIN' N' PLEASIN'

EXOTIC MOVES ON THE POLE DANCE

SPININ'

ROUND N'ROUND

SLIDIN'

UP N'DOWN

TEASIN' N' PLEASIN'

SHE'S GONNA FUCK WITH YOUR MIND LIKE A CRAZY ROMANCE

WITH THE EXOTIC MOVES OF HER POLE DANCE

(1) Rock Your Bottom Spin

<https://www.youtube.com/watch?v=Zic3XAv3ZWQ>

(2) Hook & Roll

Hook your inside leg up high around the pole. With both hands on the pole slowly lean forward into the pole and pick up your outside leg pulling it in close to spin. Your body will be slightly horizontal during this spin.

https://www.youtube.com/watch?v=N_voyQnQBhw

(3) Barbed Wire

<http://poledancedictionary.com/moves/21/barbed-wire/>

(4) Hip Lock Walk Down (Move)

<http://poledancedictionary.com/moves/120/hip-lock-walk-down/>

(5) Diamond Cut

<http://poledancedictionary.com/moves/273/diamond-cut/>

(6) Bum Slider

<https://www.youtube.com/watch?v=l8SOPbJZeeE>

(7) Inverted Crucifix (inversão)

Begin with a reverse handstand to start out and then grip the pole with your thighs. Place one leg in front of the pole and one leg behind it then cross at the ankles. Squeeze your legs tight to grip the pole and remove your arms slowly from the floor to extend them out to the sides. You can also enter this move from a basic inversion.

<https://www.youtube.com/watch?v=ic6g711aFi8>

(8) Snake Pose

<http://poledancedictionary.com/moves/216/standing-snake-pose/>

(9) Stargazer

<https://www.youtube.com/watch?v=se89CGPqTv4>

(10) Death Lay

<http://poledancedictionary.com/moves/64/death-lay/>

(11) Chopsticks

<http://poledancedictionary.com/moves/312/chopsticks/>

(12) Flying Ballerina

<http://poledancedictionary.com/moves/91/flying-ballerina/>

(13) Swivel Hips

<http://poledancedictionary.com/moves/322/swivel-hips/>

(14)Spiner

<http://poledancedictionary.com/moves/206/spinner-variation/>

(15)Twisted grip hand spring dead lift

<http://poledancedictionary.com/moves/379/twisted-grip-handspring-dead-lift/>

(16)Z-seated (este é dupla....

<http://poledancedictionary.com/moves/405/advanced-z-seat/>

(17)Bottle Rocket

<http://poledancedictionary.com/moves/256/bottle-rocket/>

(18) Angel

<http://poledancedictionary.com/moves/1/angel/>

(19)Princess Grip

<http://poledancedictionary.com/moves/186/shoulder-mount-princess-grip/>

(20)Russian Split

<https://www.youtube.com/watch?v=yvKnmDPjswM>

(21)Flat Lined Scorpio,

<http://poledancedictionary.com/moves/86/flatlined-scorpio/>

(22)Cartwheel

<http://poledancedictionary.com/moves/377/cartwheel/>

(23)Walk down pole

<http://poledancedictionary.com/moves/239/walk-down-pole/>

(24)Rockstar

<http://poledancedictionary.com/moves/248/rockstar/>

(25)Slinky

<http://poledancedictionary.com/moves/383/slinky/>

(26) Splash

<http://poledancedictionary.com/moves/373/splash/>

(27) Flying Showgirl,

<http://poledancedictionary.com/moves/94/flying-showgirl/>

(28) Sexy flex

<http://poledancedictionary.com/moves/274/sexy-flexy/>

<02 Pole Dance.mp3>