


NOV 25 HIGH COREO

Nº	STEPS	REPEAT	BPM
1.	2 BABY MAMBO STEP T.	X4	130
2.	3 SCISSORS [X3]+ MARCH	X2	130
3.	S S D ARMS UP + MAMBO	X2	130
	S S D ARMS UP + MAMBO	X2	140
1.	2 BABY MAMBO STEP T.	X4	130
2.	3 SCISSORS [X3]+ MARCH	X2	130
3.	S S D ARMS UP + MAMBO	X2	130
	S S D ARMS UP + MAMBO	X2	140
VAR	CT MARCH F	X4	130
3.	S S D ARMS UP + MAMBO	X2	130
	S S D ARMS UP + MAMBO	X2	140


NOV 25 ABDS COREO

Nº	STEPS	REPEAT	BPM
1.	LEG SIDE TO SIDE	X32C	125
2.	CRUNCH TOUCH TOE	X32C	125
3.	3 REPEATERS CRUNCH	X8	125-160
	PAUSE	16C	125
1.	LEG SIDE TO SIDE	X32C	125
2.	CRUNCH TOUCH TOE	X32C	125
3.	3 REPEATERS CRUNCH	X8	125-160
	PAUSE	16C	125
VAR	3 CLIMBERS	X32C	140-165
	3 CLIMBERS	X32C	140-165
	PAUSE	16C	115-145
3.	3 REPEATERS CRUNCH	X8	125-160