



NOV 25

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	KICK FRONT	X32C	130	MIXED TONING & CARDIO ALL X 3 MIX 130
2.	STEP T. DOWN UP + OPEN SQUAT CHANGE	X2	130	
	STEP T. DOWN UP + OPEN SQUAT CHANGE	X2	145	
3.	STEP T. + SQUAT	X4	135	
	STEP T. + SQUAT	X4	150	
4.	MAMBO BACK	X32C	130	
5.	JUMP SIDE TO 3 REPEATERS	X4	135	
	JUMP SIDE TO 3 REPEATERS	X4	150	



NOV 25

Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	3 REPS LUNGES BACK	X4	130	TONING GLUTEUS ALL X 3 MIX 130-120
2.	LIFT SIDE 3/1	X4	130	
	LIFT SIDE 3/1	X4	100	
3.	LIFT SIDE 2/2	X4	130	
	LIFT SIDE 2/2	X4	100	
4.	7 REPEATERS	X2	130	
	7 REPEATERS	X2	100	
5.	3 ALTERN KNEE UP ON STEP	X2	130	
	3 ALTERN KNEE UP ON STEP	X2	140	
	3 ALTERN KNEE UP ON STEP	X2	150	
	3 ALTERN KNEE UP ON STEP	X2	160	