



NOV 25

N°	STEPS	REPEAT	BPM	TRACK 7:	
1.	KNEE UP + BALANCE SIDE	X2	115	BALANCE COOL DOWN ALL X 1	
2.	SAME IN 2 C	X4	115		
3.	ON POINTS + BODY TURNS	X4	115		
1.	KNEE UP + BALANCE SIDE	X2	115		
2.	SAME IN 2 C	X4	115		
3.	ON POINTS + BODY TURNS	X4	115		
4.	LIFT LEG BACK	X2	115		
3.	ON POINTS + BODY TURNS	X4	115		
					MIX 130-150



NOV 25

N°	STEPS	REPEAT	BPM	TRACK 8:	
1.	15 REPEATERS	X1	150	PUSH UPS & TRICEPS ALL X 2	
2.	4/4	X4	90		
	PAUSE	16C	110-150		
1.	15 REPEATERS	X1	150		
2.	4/4	X4	90		
	PAUSE	X32C	120-130		
3.	DOWN SLOW + 6 REPEATERS & STOP	X4	130		
					MIX 130