



OCT 25

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	TAP CLOSED	X32C	130	MIXED TONING & CARDIO ALL X 3          MIX 130
2.	4 FRONT MAMBO + 4 OPEN SQUAT	X1	130	
	4 FRONT MAMBO + 4 OPEN SQUAT	X1	145	
3.	1 FRONT MAMBO + 1 OPEN SQUAT	X4	135	
	1 FRONT MAMBO + 1 OPEN SQUAT	X4	150	
4.	KNEE UP S S D	X4	130	
5.	2 REPEATERS SQUAT + JUMP DOWN/SAME UP	X4	130	
	2 REPEATERS SQUAT + JUMP DOWN/SAME UP	X4	145	



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Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	3 REPS LUNGES BACK	X4	130	TONING GLUTEUS ALL X 3          MIX 130
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	