



**OCT 25**

N°	STEPS	REPEAT	BPM	TRACK 7:
1.	LEG SIDE - KNEE UP - LEG SIDE	X2	115	BALANCE COOL DOWN ALL X 1          MIX 130-150
2.	SAME IN 2 COUNT	X4	115	
3.	JUMP TO SIDE & TOURN SIDE	X4	115	
1.	LEG SIDE - KNEE UP - LEG SIDE	X2	115	
2.	SAME IN 2 COUNT	X4	115	
3.	JUMP TO SIDE & TOURN SIDE	X4	115	
4.	3 HEEL TOUCH	X4	115	
3.	JUMP TO SIDE & TOURN SIDE	X4	115	



**OCT 25**

N°	STEPS	REPEAT	BPM	TRACK 8:
1.	15 REPEATERS	X1	150	PUSH UPS & TRICEPS ALL X 2          MIX 130
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	