



NOV 25

N°	STEPS	REPEAT	BPM	INFO
				TRACK 7: LUNGES ALL X3
1.	SINGLE LUNGE	X8	95	
2.	PREPARE + 1/1	X4	125	
	PREPARE + 1/1	X4	145	
	PAUSE	X16C	70-125	
3.	FRONT X1 + BACK X1	X1	125	
	FRONT X1 + BACK X1	X1	135	
	FRONT X1 + BACK X1	X1	145	
	FRONT X1 + BACK X1	X1	155	



NOV 25

N°	STEPS	REPEAT	BPM	INFO
				TRACK 8: SHOULDERS ALL X3
1.	1/1 BACK FRONT	X16C	120/180	
	PAUSE	X16C	90-115	
2.	7 REPEATERS ROW	X1	115	
	7 REPEATERS ROW	X1	130	
	7 REPEATERS ROW	X1	145	
	7 REPEATERS ROW	X1	160	