



OCT 25

N°	STEPS	REPEAT	BPM	INFO
1.	2/2	X4	110	TRACK 3: CHEST ALL X3
2.	1/1	X8	150	
	1/1	X8	180	
	PAUSE	X16C	80-125	
3.	7 REPEATERS	X1	125	
	7 REPEATERS	X1	140	
	7 REPEATERS	X1	155	
	7 REPEATERS	X1	170	



OCT 25

N°	STEPS	REPEAT	BPM	INFO
1.	CLOSED 1/1	X4	110	TRACK 4: BACK ALL X3
2.	2 REPEATERS	X4	125	
	2 REPEATERS	X4	145	
	PAUSE	X16C	80-140	
3.	OPEN 1/1	X4	140	
	OPEN 1/1	X4	180	