


JAN 26 HIGH COREO

| N° | STEPS | REPEAT | BPM |
|-----|--|--------|-----|
| 1. | 1 JUMP SIDE + 3 TAP FRONT | X4 | 95 |
| 2. | OPEN + COMBO ARMS - SAME CLOSED + MARCH | X1 | 95 |
| 3. | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 95 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 100 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 105 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 110 |
| 1. | 1 JUMP SIDE + 3 TAP FRONT | X4 | 95 |
| 2. | OPEN + COMBO ARMS - SAME CLOSED + MARCH | X1 | 95 |
| 3. | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 95 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 100 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 105 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 110 |
| VAR | OPEN CLOSE + COMBO ARMS | X4 | 95 |
| 3. | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 95 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 100 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 105 |
| | KNEE UP D D D D S S S S + 4 MARCH ON PLACE | X1 | 110 |


JAN 26 COOL DOWN COREO

| N° | STEPS | REPEAT | BPM |
|-----|----------------------------------|--------|-----|
| 1. | ALTERN V STEP + MARCH | X4 | 95 |
| 2. | DOUBLE STEP T [X3] + MARCH | X2 | 95 |
| 3. | OPEN SIDE HEELS + KNEE UP + WAVE | X2 | 95 |
| 1. | ALTERN V STEP + MARCH | X4 | 95 |
| 2. | DOUBLE STEP T [X3] + MARCH | X2 | 95 |
| 3. | OPEN SIDE HEELS + KNEE UP + WAVE | X2 | 95 |
| VAR | WALK FRONT + 2 ALTERN OPEN SQUAT | X4 | 95 |
| 3. | OPEN SIDE HEELS + KNEE UP + WAVE | X2 | 95 |