JAN 26

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	MAMBO STOP	X8	130	WARM UP ALL X 2
2.	MAMBO UP + MARCH	X4	130	
3.	COMBO	X2	130	
	COMBO	X2	145	
4.	3 REPEATERS OPEN SQUAT	X4	100	
	3 REPEATERS OPEN SQUAT	X4	160	
5.	JUMPS OPEN CLOSE	X1	130	
	JUMPS OPEN CLOSE	X1	140	
	JUMPS OPEN CLOSE	X1	150	
	JUMPS OPEN CLOSE	X1	160	MIX 130

JAN 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	2 KNEE UP + 2 CROSS TAP	X4	130	50-70% CARDIO INTENSITY ALL X 3
	2 KNEE UP + 2 CROSS TAP	X4	145	
2.	2 KNEE UP UP - DOWN - UP + SINGLE TAP	X2	135	
	2 KNEE UP UP - DOWN - UP + SINGLE TAP	X2	150	
3.	3 SCISSORS STOP	X8	140	
	3 SCISSORS STOP	X8	160	
4.	OPEN SIDE SQUAT	X8	100	
	OPEN SIDE SQUAT	X8	140	MIX 130