

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	SINGLE KNEE	X32C	130	MIXED TONING & CARDIO ALL X 3 MIX 130 - 120
2.	2 BASIC + 2 SINGLE SQUAT	X2	130	
	2 BASIC + 2 SINGLE SQUAT	X2	145	
3.	COMBO	X4	135	
	COMBO	X4	150	
4.	MAMBO SIDE	X32C	130	
5.	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	130	
	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	140	
	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	150	
	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	160	

Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	TAP FRONT	X32C	120	TONING GLUTEUS ALL X 3 MIX 130
2.	SINGLE	X8	130	
	SINGLE	X8	160	
3.	3 REPEATERS	X4	130	
	3 REPEATERS	X4	160	
4.	COMBO 1 1 3	X2	130	
	COMBO 1 1 3	X2	160	
5.	4 S + DOUBLE	X4	130	
	4 S + DOUBLE	X4	145	