

  
**FEB 26 HIGH COREO**

Nº	STEPS	REPEAT	BPM
1.	3 RUNNING MAN + OPEN CLOSE + WALK FRONT BACK	X2	95
2.	JUMP SIDE [X8] + RTHM	X1	95
3.	OPEN BALANCE SIDE + CHA CHA SIDE + OPEN CLOSE	X2	95
	OPEN BALANCE SIDE + CHA CHA SIDE + OPEN CLOSE	X2	105
1.	3 RUNNING MAN + OPEN CLOSE + WALK FRONT BACK	X2	95
2.	JUMP SIDE [X8] + RTHM	X1	95
3.	OPEN BALANCE SIDE + CHA CHA SIDE + OPEN CLOSE	X2	95
	OPEN BALANCE SIDE + CHA CHA SIDE + OPEN CLOSE	X2	105
VAR	DOUBLE TAP FRONT	X2	95
3.	OPEN BALANCE SIDE + CHA CHA SIDE + OPEN CLOSE	X2	95
	OPEN BALANCE SIDE + CHA CHA SIDE + OPEN CLOSE	X2	105

  
**FEB 26 ABS COREO**

Nº	STEPS	REPEAT	BPM
1.	FLUTTERS X3 & STOP	X8	125
2.	KNEE COMBO	X1	125
3.	3 REPS CRUNCH	X4	125
	3 REPS CRUNCH	X4	140
	PAUSE	16C	125
1.	FLUTTERS X3 & STOP	X8	125
2.	KNEE COMBO	X1	125
3.	3 REPS CRUNCH	X4	125
	3 REPS CRUNCH	X4	140
	PAUSE	16C	125
VAR	FROM PLANK DOWN KNEE	X2	110
	PAUSE	16C	125
3.	3 REPS CRUNCH	X4	125
	3 REPS CRUNCH	X4	140