



**FEB 26**

N°	STEPS	REPEAT	BPM	TRACK 7:	
1.	LIFT LEG SIDE + BALANCE SIDE	X2	115	BALANCE COOL DOWN ALL X 1	
2.	SAME IN 2 C	X4	115		
3.	JUMP LIFT LEG TO THE FLOOR + KNEE UP	x4	115		
1.	LIFT LEG SIDE + BALANCE SIDE	X2	115		
2.	SAME IN 2 C	X4	115		
3.	JUMP LIFT LEG TO THE FLOOR + KNEE UP	x4	115		
4.	KNEE UP + TOUCH STEP	X4	115		
3.	JUMP LIFT LEG TO THE FLOOR + KNEE UP	x4	115		
					MIX 130-145



**FEB 26**

N°	STEPS	REPEAT	BPM	TRACK 8:	
1.	3 REPEATERS	X4	145	PUSH UPS & TRICEPS ALL X 2	
2.	SINGLE 1/1	X8	120-70		
	PAUSE	X32C	120-145		
1.	3 REPEATERS	X4	145		
2.	SINGLE 1/1	X8	120-70		
	PAUSE	X32C	120		
3.	3 REPEATERS & SIT	X4	130		
	3 REPEATERS & SIT	X4	155		
					MIX 130