

  
**MARCH 26 MID COREO**

Nº	STEPS	REPEAT	BPM
1.	2 MAMO + BALANCE + TOURN SIDE	X4	130
2.	3 LUNGES SIDE + 2 KNEE UP	X4	130
3.	3 WALK FRONT/BACK + OPEN SQUAT R/L	X2	130
	3 WALK FRONT/BACK + OPEN SQUAT R/L	X2	140
1.	2 MAMO + BALANCE + TOURN SIDE	X4	130
2.	3 LUNGES SIDE + 2 KNEE UP	X4	130
3.	3 WALK FRONT/BACK + OPEN SQUAT R/L	X2	130
	3 WALK FRONT/BACK + OPEN SQUAT R/L	X2	140
VAR	4 TAP FRONT + MARCH	X4	130
3.	3 WALK FRONT/BACK + OPEN SQUAT R/L	X2	130
	3 WALK FRONT/BACK + OPEN SQUAT R/L	X2	140

  
**MARCH 26 HIGH COREO**

Nº	STEPS	REPEAT	BPM
1.	3 SCISSORS + KICK + WALK FRONT/BACK	X4	100
2.	SIDE CT X6 + WAVE	X1	100
3.	3 JUMPS [X3] + OPEN CLOSE RTM + 2 TAP CLOSED	X2	100
	3 JUMPS [X3] + OPEN CLOSE RTM + 2 TAP CLOSED	X2	115
1.	3 SCISSORS + KICK + WALK FRONT/BACK	X4	100
2.	SIDE CT X6 + WAVE	X1	100
3.	3 JUMPS [X3] + OPEN CLOSE RTM + 2 TAP CLOSED	X2	100
	3 JUMPS [X3] + OPEN CLOSE RTM + 2 TAP CLOSED	X2	115
VAR	FRONT & RUN ON PLACE - SAME BACK	X4	100
3.	3 JUMPS [X3] + OPEN CLOSE RTM + 2 TAP CLOSED	X2	100
	3 JUMPS [X3] + OPEN CLOSE RTM + 2 TAP CLOSED	X2	115