



MARCH 26

N°	STEPS	REPEAT	BPM	TRACK 7:
1.	KNEE UP + LIFT LEGS	X2	115	BALANCE COOL DOWN ALL X 1 MIX 130-145
2.	SAME IN 2 C	X4	115	
3.	ON POINT & SIDE	x4	115	
1.	KNEE UP + LIFT LEGS	X2	115	
2.	SAME IN 2 C	X4	115	
3.	ON POINT & SIDE	x4	115	
4.	STEP - LIFT SIDE - STAY - DOWN	X4	115	
3.	ON POINT & SIDE	x4	115	



MARCH 26

N°	STEPS	REPEAT	BPM	TRACK 8:
1.	3 REPEATERS	X4	145	PUSH UPS & TRICEPS ALL X 2 MIX 130
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	