



APRIL 26

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	CLOSED SINGLE	X32C	130	MIXED TONING & CARDIO ALL X 3 MIX 130
2.	2 MAMBO FRONT + 2 OPEN SQUAT	X2	130	
	2 MAMBO FRONT + 2 OPEN SQUAT	X2	145	
3.	SAME SINGLE	X4	135	
	SAME SINGLE	X4	150	
4.	CLOSED DOUBLE	X32C	130	
5.	OPEN JUMP + 3 REPEATERS	X8	130-165	



APRIL 26

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	