



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	JUMPING OPEN + 4 SINGLE TAP + 4 DOUBLE TAP	X1	130	WARM UP ALL X 2 MIX 130
	JUMPING OPEN + 4 SINGLE TAP + 4 DOUBLE TAP	X1	145	
2.	V STEP X2 + SLOW	X2	130	
	V STEP X2 + SLOW	X2	145	
3.	15 REPEATERS + 3 REPEATERS [X4]	X1	135	
4.	BASIC [X3] + ROUND ARMS	X2	135	
	BASIC [X3] + ROUND ARMS	X2	150	



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	4 KNEE UP + LUNGE BACK	X2	130	50-70% CARDIO INTENSITY ALL X 3 MIX 130-120
	4 KNEE UP + LUNGE BACK	X2	145	
2.	X2 + 4 SINGLE KNEE UP	X1	135	
	X2 + 4 SINGLE KNEE UP	X1	150	
3.	JOGGING 1-1-2 [X3] + 1 BASIC	X2	145	
	JOGGING 1-1-2 [X3] + 1 BASIC	X2	160	
4.	JUMP TO OPEN 3 REPEATERS	X4	100	
5.	SINGLE	X8	165	