



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	KICK RELAX	X32C	120	MIXED TONING & CARDIO ALL X 3
2.	MAMBO [X3] + JUMP TO SIDE	X2	130	
	MAMBO [X3] + JUMP TO SIDE	X2	145	
3.	MAMBO + JUMP TO SIDE	X4	135	
	MAMBO + JUMP TO SIDE	X4	150	
4.	STEP T.	X32C	130	
5.	3 REPEATERS	X2	130	
	3 REPEATERS	X2	140	
	3 REPEATERS	X2	150	
	3 REPEATERS	X2	160	
				MIX 130



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	LUNGES	X32C	130	TONING GLUTEUS ALL X 3
2.	4 SINGLE	X2	130	
	4 SINGLE	X2	160	
3.	2 SINGLE	X4	130	
	2 SINGLE	X4	160	
4.	ISO 7	X2	130	
	ISO 7	X2	100	
5.	BASIC + 2 KNEE UP	X4	135	
	BASIC + 2 KNEE UP	X4	150	
				MIX 130