



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	TAP IN	X32C	130	50-60% CARDIO INTENSITY ALL X 3 MIX 130-120
2.	SINGLE KNEE + 3 REPEATERS	X2	130	
	SINGLE KNEE + 3 REPEATERS	X2	145	
3.	SAME LIFT	X2	130	
	SAME LIFT	X2	145	
4.	DOWN TOPLANK	X4	130	
	DOWN TOPLANK	X4	160	
5.	3 BOXING & STOP	X64C	130-190	



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X4	120	HIGH CARDIO INTENSITY ALL X 3 MIX 130 - 115
2.	2 BASIC + OPEN STOP RTHM	X2	135	
	2 BASIC + OPEN STOP RTHM	X2	150	
3.	V STEP + OPEN JUMP	X2	135	
	V STEP + OPEN JUMP	X2	150	
4.	JOGGING [X16C] + SKIPPING [X12C] + STOP [4C]	X1	130	
5.	SCISSORS [X8] + CLOSED JUMPS [X4]	X2	145	
	SCISSORS [X8] + CLOSED JUMPS [X4]	X2	165	
6.	SCISSORS [X4] + CLOSED JUMPS [X2]	X2	145	
	SCISSORS [X4] + CLOSED JUMPS [X2]	X2	165	