



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 7:
1.	LIFT LEGS & BODY SIDE	X2	115	BALANCE COOL DOWN ALL X 1 MIX 130-120
2.	SAME IN 2 C	X4	115	
3.	JUMP TO SIDE & KNEE UP	x4	115	
1.	LIFT LEGS & BODY SIDE	X2	115	
2.	SAME IN 2 C	X4	115	
3.	JUMP TO SIDE & KNEE UP	x4	115	
4.	KNEE UP & BACK	X4	115	
3.	JUMP TO SIDE & KNEE UP	x4	115	



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Nº	STEPS	REPEAT	BPM	TRACK 8:
1.	3 REPEATERS & STOP	X64C	120-165	PUSH UPS & TRICEPS ALL X 2 MIX 130
	PAUSE	16C	120	
1.	3 REPEATERS & STOP	X64C	120-165	
	PAUSE	32C	115	
2.	SINGLE DIPS	X16C	115-200	