

MAY 26 HIGH COREO

Nº	STEPS	REPEAT	BPM
1.	CHASSÉ MAMBO + V STEP	X4	130
2.	4 STEP T. FRONT & BACK + OPEN CLOSE SHAKE	X1	130
3.	4 SCISSORS MAMBO + 4 SCISSORS GRAPE W.	X2	130
	4 SCISSORS MAMBO + 4 SCISSORS GRAPE W.	X2	145
1.	CHASSÉ MAMBO + V STEP	X4	130
2.	4 STEP T. FRONT & BACK + OPEN CLOSE SHAKE	X1	130
3.	4 SCISSORS MAMBO + 4 SCISSORS GRAPE W.	X2	130
	4 SCISSORS MAMBO + 4 SCISSORS GRAPE W.	X2	145
VAR	SKIPPING	32C	130
3.	4 SCISSORS MAMBO + 4 SCISSORS GRAPE W.	X2	130
	4 SCISSORS MAMBO + 4 SCISSORS GRAPE W.	X2	145

MAY 26 ABS COREO

Nº	STEPS	REPEAT	BPM
1.	COMBO KNEE UP	X4	125
2.	FLUTTERS X 5	X4	125
3.	CRUNCH 3 REPEATERS	X4	125
	CRUNCH 3 REPEATERS	X4	140
	PAUSE	16C	115 - 125
1.	COMBO KNEE UP	X4	125
2.	FLUTTERS X 5	X4	125
3.	CRUNCH 3 REPEATERS	X4	125
	CRUNCH 3 REPEATERS	X4	140
	PAUSE	16C	115 - 100
VAR	OPEN PLANK	32C	100
	PAUSE	16C	115 - 125
3.	CRUNCH 3 REPEATERS	X4	125
	CRUNCH 3 REPEATERS	X4	140