



JULY 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 7: LUNGES ALL X3
1.	FROM OPEN SINGLE LOUNGE	X4	125	
2.	ISO [X2] + 6 REPEATERS	X8	190	
	PAUSE	X16C	80-95	
3.	SINGLE LUNGES FRONT [X4] + 7 REPEATERS	X2	95/145	



JULY 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 8: SHOULDERS ALL X3
1.	COMBO RISE & CLOSE	X2	115/140	
	PAUSE	X16C	95-120	
2.	3 REPEATERS UP	X16	120-180	