

AUG 26 HIGH COREO

Nº	STEPS	REPEAT	BPM
1.	RUNNING MAN	X16	75
2.	COMBO MAMBO	X4	75
3.	DOUBLE KICK [X6] + OPEN CLOSE	X1	75
	DOUBLE KICK [X6] + OPEN CLOSE	X1	85
1.	RUNNING MAN	X16	75
2.	COMBO MAMBO	X4	75
3.	DOUBLE KICK [X6] + OPEN CLOSE	X1	75
	DOUBLE KICK [X6] + OPEN CLOSE	X1	85
VAR	CHASSÉ SIDE TO SIDE	X8	75
3.	DOUBLE KICK [X6] + OPEN CLOSE	X1	75
	DOUBLE KICK [X6] + OPEN CLOSE	X1	85

AUG 26 ABS COREO

Nº	STEPS	REPEAT	BPM
1.	COMBO LEGS	X4	125
2.	REPEATERS CRUNCH	X15	125
3.	DOUBLE DIAGONAL	X2	125
	DOUBLE DIAGONAL	X2	140
	DOUBLE DIAGONAL	X2	155
	DOUBLE DIAGONAL	X2	170
	PAUSE	16C	115 - 125
1.	COMBO LEGS	X4	125
2.	REPEATERS CRUNCH	X15	125
3.	DOUBLE DIAGONAL	X2	125
	DOUBLE DIAGONAL	X2	140
	DOUBLE DIAGONAL	X2	155
	DOUBLE DIAGONAL	X2	170
	PAUSE	16C	115 - 150
VAR	SHOULDERS PLANK	32C	150
	PAUSE	16C	115 - 125
3.	DOUBLE DIAGONAL	X2	125
	DOUBLE DIAGONAL	X2	140
	DOUBLE DIAGONAL	X2	155
	DOUBLE DIAGONAL	X2	170