



AUG 26

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	KNEE UP S S D	X32C	130	50-60% CARDIO INTENSITY ALL X 3
2.	CHASSE MAMBO BACK	X32C	130	
3.	KNEE CROSS	X32C	130	
4.	COMBO: 2 CHASSE MAMBO + 2 KNEE CROSS	X2	135	
	COMBO: 2 CHASSE MAMBO + 2 KNEE CROSS	X2	150	
5.	8 OPEN MARCH + PLANK	X2	115	
	8 OPEN MARCH + PLANK	X2	135	
6.	3 BALANCE + ROUND ARMS	X4	135	
	3 BALANCE + ROUND ARMS	X4	160	
				MIX 130



AUG 26

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X4	120	HIGH CARDIO INTENSITY ALL X 3
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	
				MIX 130 - 115