

AUG 26

| Nº | STEPS                     | REPEAT | BPM | TRACK 7:                     |
|----|---------------------------|--------|-----|------------------------------|
| 1. | LIFT LEG SIDE & ARM FRONT | X2     | 115 | BALANCE COOL DOWN<br>ALL X 1 |
|    |                           |        |     |                              |
| 2. | SAME IN 2 C               | X4     | 115 |                              |
|    |                           |        |     |                              |
| 3. | UP ARMS UP                | X2     | 115 |                              |
|    |                           |        |     |                              |
| 1. | LIFT LEG SIDE & ARM FRONT | X2     | 115 |                              |
|    |                           |        |     |                              |
| 2. | SAME IN 2 C               | X4     | 115 |                              |
|    |                           |        |     |                              |
| 3. | UP ARMS UP                | X2     | 115 |                              |
|    |                           |        |     |                              |
| 4. | LIFT LEG BACK             | X4     | 115 |                              |
|    |                           |        |     |                              |
| 3. | UP ARMS UP                | x4     | 115 | MIX 130-110                  |

AUG 26

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