



SEP 25 WARM UP COREO

	STEPS	REPEAT	BPM
1.	V STEP + COMBO ARMS	X4	110
2.	WALK FRONT + BACK STYLE	X2	110
3.	SIDE WALK + OPEN MARCH	X1	110
	SIDE WALK + OPEN MARCH	X1	120
1.	V STEP + COMBO ARMS	X4	110
2.	WALK FRONT + BACK STYLE	X2	110
3.	SIDE WALK + OPEN MARCH	X1	110
	SIDE WALK + OPEN MARCH	X1	120
VAR	3 TAP FRONT	X8	110
3.	SIDE WALK + OPEN MARCH	X1	110
	SIDE WALK + OPEN MARCH	X1	120



SEP 25 LOW COREO

N°	STEPS	REPEAT	BPM
1.	MAMBO FRONT & SIDE	X2	115
2.	WALK FRONT & DOUBLE STEP T. SQUARE + LUNGES SIDE	X2	115
3.	MARCH + OPEN MARCH + STEP T. + 2 LUNGES SAME LEG	X2	115
	MARCH + OPEN MARCH + STEP T. + 2 LUNGES SAME LEG	X2	125
1.	MAMBO FRONT & SIDE	X2	115
2.	WALK FRONT & DOUBLE STEP T. SQUARE + LUNGES SIDE	X2	115
3.	MARCH + OPEN MARCH + STEP T. + 2 LUNGES SAME LEG	X2	115
	MARCH + OPEN MARCH + STEP T. + 2 LUNGES SAME LEG	X2	125
VAR	TAP FRONT S S FAST	X4	115
3.	MARCH + OPEN MARCH + STEP T. + 2 LUNGES SAME LEG	X2	115
	MARCH + OPEN MARCH + STEP T. + 2 LUNGES SAME LEG	X2	125