



DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	KICK FRONT	X32C	130	MIXED TONING & CARDIO ALL X 3          MIX 130
2.	STEP T. DOWN UP + OPEN SQUAT CHANGE	X2	130	
	STEP T. DOWN UP + OPEN SQUAT CHANGE	X2	145	
3.	STEP T. + SQUAT	X4	135	
	STEP T. + SQUAT	X4	150	
4.	MAMBO BACK	X32C	130	
5.	JUMP SIDE TO 3 REPEATERS	X4	135	
	JUMP SIDE TO 3 REPEATERS	X4	150	



DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	SINGLE SIDE	X32C	130	TONING GLUTEUS ALL X 3          MIX 130-120
2.	7 REPEATERS	X2	130	
	7 REPEATERS	X2	165	
3.	3 REPEATERS	X4	130	
	3 REPEATERS	X4	165	
4.	ISO 7	X2	130	
	ISO 7	X2	100	
5.	4 BASIC	X2	130	
	4 BASIC	X2	150	