



DEC 25

N°	STEPS	REPEAT	BPM	TRACK 7:	
1.	KNEE UP + BALANCE SIDE	X2	115	BALANCE COOL DOWN ALL X 1	
2.	SAME IN 2 C	X4	115		
3.	ON POINTS + BODY TURNS	X4	115		
1.	KNEE UP + BALANCE SIDE	X2	115		
2.	SAME IN 2 C	X4	115		
3.	ON POINTS + BODY TURNS	X4	115		
4.	LIFT LEG BACK	X2	115		
3.	ON POINTS + BODY TURNS	X4	115		
					MIX 130-100



DEC 25

N°	STEPS	REPEAT	BPM	TRACK 8:
1.	3/1	X4	100	PUSH UPS & TRICEPS ALL X 2
2.	SINGLE 1/1	X8	155	
	PAUSE	16C	125-10	
1.	3/1	X4	100	
2.	SINGLE 1/1	X8	155	
	PAUSE	16C	125-10	
3.	7 REPEATERS & SIT	X1	120	
	7 REPEATERS & SIT	X1	130	
	7 REPEATERS & SIT	X1	140	
	7 REPEATERS & SIT	X1	150	