



DEC 25

N°	STEPS	REPEAT	BPM	INFO
				TRACK 7: LUNGES ALL X3
1.	SINGLE LUNGE	X8	95	
2.	PREPARE + 1/1	X4	125	
	PREPARE + 1/1	X4	145	
	PAUSE	X16C	70-125	
3.	FRONT X1 + BACK X1	X1	125	
	FRONT X1 + BACK X1	X1	135	
	FRONT X1 + BACK X1	X1	145	
	FRONT X1 + BACK X1	X1	155	



DEC 25

N°	STEPS	REPEAT	BPM	INFO
				TRACK 8: SHOULDERS ALL X3
1.	3 REPEATERS	X4	110	
	3 REPEATERS	X4	150	
	PAUSE	X16C	90-110	
2.	3 REPEATERS	X4	110	
	7 REPEATERS ROW	X4	150	