

AUGUST 2023 | FITNESS | LATIN HUSTLE W/ WEIGHTS

DANCE THE NIGHT | DUA LIPA

2X8 INTRO

7X8±2 1) SIDE BASIC

4X8±4 2) BACK BASIC

5X8±2 3) FWD/BACK BASIC

8X8 1) REPEAT

8X8 2) REPEAT

4X8 3) REPEAT

