

**LaBlast Chair Fitness****13 Songs; 46 Minutes**

| <b>Song</b>                          | <b>Time</b> | <b>Artist</b>                 | <b>Dance</b>   |
|--------------------------------------|-------------|-------------------------------|----------------|
| Turn Up the Love (feat. Cover Drive) | 3:17        | Far East Movement             | Warm Up        |
| Boogie Oogie Oogie                   | 3:44        | A Taste of Honey              | Disco          |
| The Clapping Song                    | 3:11        | Shirley Ellis                 | Lindy Hop      |
| 24/Seven                             | 3:10        | Big Time Rush                 | LIF Lindy Hop  |
| Strangers In the Night               | 2:45        | Frank Sinatra                 | Rumba          |
| LET'S GET CRAZY! (Mambo Drop)        | 2:40        | Don Omar & Lil Jon            | Merengue (W)   |
| One Touch                            | 3:18        | Jess Glynne & Jax Jones       | Hustle (W)     |
| Dancing With A Stranger              | 2:51        | Sam Smith & Normani           | LIF Rumba (W)  |
| Keep Going Up                        | 2:54        | Timbaland, Nelly Furtado & Ju | Cha Cha (W)    |
| Straight to Memphis                  | 5:15        | Club des Belugas              | Quickstep      |
| I Was Here                           | 3:42        | Lady A                        | Viennese Waltz |
| Maniac (BOF Flashdance)              | 4:07        | Michael Sembello              | Jive           |
| King of Sorrow                       | 4:53        | Sade                          | Cool Down      |