

LaBlast Fitness			
14 Songs; 50 Minutes			
Song	Time	Artist	Dance
Turn Up the Love (feat. Cover Drive)	3:17	Far East Movement	Warm Up
Boogie Oogie Oogie	3:44	A Taste of Honey	Disco
Pista Caliente (feat. Raf MC)	3:59	DJ Francis	Salsa
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 &	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