

JANUARY 2024 | CHAIR FITNESS | MERENGUE

BAILAR | DEORRO

6X8 INTRO

8X8 1) BASIC SWING FWD

2X8 ON-THE-SPOT

8X8 2) BASIC SWING BACK

2X8 ON-THE-SPOT

8X8 3) CUBAN BREAKS FWD ± ON-THE-SPOT

2X8 ON-THE-SPOT

4X8 4) CUBAN BREAKS BACK ± ON-THE-SPOT

