

JANUARY 2024 | FITNESS | SAMBA

PLAYED-A-LIVE | SAFRI DUO

4X8 INTRO

8X8 1) COMBO: BASIC FWD ± SIDE ± WHISK ± VOLTA SPOT TURN

8X8 2) VOLTA CROSSOVERS

8X8 1) REPEAT

8X8 2) REPEAT

8X8 1) REPEAT

8X8 2) REPEAT

