

FEBRUARY 2024 | CHAIR FITNESS | TANGO
ESSA | OTROS AIRES

6X8 1) (2X8 INTRO) FWD KICK/SIDE POINT

8X8 2) CHASSES ≠ SWAY

8X8±4 3) BOX STEP/POINT ≠ SWAY

6X8 1) REPEAT

8X8 2) REPEAT

6X8 3) REPEAT