

MARCH 2024 | CHAIR FITNES | CHA CHA

OVERDRIVE | OFENBACH

4X8 INTRO

8X8 1) COMBO: ON-THE-SPOT CUCARACHAS ± WALL TO WALL

8X8 1) REPEAT

8X8 1) REPEAT

8X8 1) REPEAT

8X8 1) REPEAT

4X8 1) REPEAT