

APRIL 2024 | FITNESS | LINDY HOP
ROCK AROUND THE CLOCK | BILL HALEY

4X8 INTRO

12X8 1) THREE KICK BASIC ± JUMPS

6X8 2) SQUAT KICKS FWD ± JUMPS BACK

12X8 1) REPEAT

6X8 2) REPEAT

6X8 1) REPEAT

