

**APRIL 2024 | FITNESS | PASO DOBLE**

**LET'S WORK | KOYOTIE**

**2X8 INTRO**

**8X8 1) SEPARATION ± CUBAN BREAKS ± SQUAT**

**8X8 2) SLOW BOTAFOGOS FWD ± MARCHES BACK**

**8X8 1) REPEAT**

**8X8 2) REPEAT**

**8X8 1) REPEAT**