

JULY 2024 | CHAIR FITNESS | LINDY HOP

WHEN WE'RE HUMAN | MICHAEL-LEON WOOLEY

2X8 INTRO

8X8 1) FALL OF THE ROCKS ± MARCH

4X8 2) SINGLE KICKS

7X8 3) DOUBLE KICKS

8X8 1) REPEAT

11X8 2) ± 3) REPEAT

11X8 1) REPEAT

6X8 2) REPEAT

4X8 3) REPEAT

