

JULY 2024 | FITNESS | SAMBA (W)

SHALL WE DANCE? | THE KARMINSKY EXPERIENCE INC

2X8 INTRO

7X8 1) BOUNCE ≠ TRAVELING VOLTA

8X8 2) BOUNCE ≠ VOLTA SPOT TURN

7X8 1) REPEAT

8X8 2) REPEAT

8X8 1) REPEAT

