

AUGUST 2024 | CHAIR FITNESS | LATIN HUSTLE
SPICY MARGARITA | JASON DERULO & MICHAEL BUBLE

2X8 INTRO

8X8 1) COMBO: BASIC SHORT ≠ BASIC LONG

8X8 1) REPEAT

4X8 2) BALL CHANGES WITH ARMS SIDE/UP/FWD/ACROSS

8X8 1) REPEAT

8X8 1) REPEAT

8X8 2) REPEAT