

**SEPTEMBER 2024 | SPLASH | RUMBA (W)
HIGH HEELS | FLO RIDA & WALKER HAYES**

2X8 INTRO

8X8 1) COMBO: BOX ± CUCARACHAS L

8X8 1) COMBO: BOX ± CUCARACHAS R

2X8±4 2) EXERCISE: JUMPS/TUCKS

6X8 1) REPEAT 3X

8X8 1) REPEAT 4X