

**NOVEMBER 2024 | CHAIR FITNESS | CHA CHA WITH WEIGHTS**

**YOU SET MY HEART ON FIRE | HELENA PAPANIZOU**

**6X8 INTRO (INCLUDE 2X8 TIME STEP)**

**7X8 1) THE BOX**

**7X8 2) DOUBLE WALL TO WALL**

**2X8 3) TIME STEP**

**7X8 1) REPEAT**

**7X8 2) REPEAT**

**7X8±4 1) REPEAT**