

NOVEMBER 2024 | CHAIR FITNESS | MERENGUE

SHUT UP AND DANCE | DJ FRANCIS

8X8 1) ON-THE-SPOT: 8 ANGLES TWO ARMS

4X8 2) ON-THE-SPOT: 8 ANGLES SLOW 'CANON'

8X8 3) ON-THE-SPOT: 8 ANGLES

8X8 3) REPEAT SIDE TO SIDE

4X8 2) REPEAT

8X8 1) REPEAT

6X8 2) REPEAT

