

DECEMBER 2024 | CHAIR FITNESS | PASO DOBLE
BABY DON'T HURT ME | DAVID GUETTA, ANNE-MARIE, COI LERAY

2X8 INTRO

8X8 1) SURPLACE STRETCHING ± CUBAN BREAKS

8X8 2) SURPLACE (ARMS UP) ± CUBAN BREAKS

6X8 3) SURPLACE

8X8 1) REPEAT

4X8 2) REPEAT

