

DECEMBER 2024 | CHAIR FITNESS | SALSA
SHAKE IT FUH ME | LIL RICK, KING BUBBA FM, A7

4X8 INTRO

8X8 1) CUCARACHAS FWD/SIDE ± JOGS

8X8 2) CUCARACHAS SIDE/FWD ± JUMPS

8X8 1) REPEAT

8X8 2) REPEAT