

JANUARY 2025 | KIDS FITNESS | NY HUSTLE

TELL IT TO MY HEART | CASH CASH, TAYLOR DAYNE

7X8 INTRO

8X8 1) DIAGONAL BASIC ≠ KICK

8X8 2) DIAGONAL BASIC BACK

8X8 1) REPEAT

8X8 2) REPEAT

4X8 1) REPEAT