

FEBRUARY 2025 | CHAIR FITNESS | JIVE

APT. | ROSE, BRUNO MARS

2X8 INTRO

4X8 1) JIVE 6-COUNT BASIC 2X RIGHT, 2X LEFT

4X8 1) REPEAT

2X8 2) JIVE KICK SINGLE 3X ALTERNATE R/L/R, 1X JUMPING JACK

2X8 2) REPEAT ON L

8X8 1) REPEAT

4X8 2) REPEAT

4X8 1) REPEAT

2X8 BREAK - JOG IN PLACE- "ARE YOU READY?"

2X8 3) JOG FORWARD 8X, PONY 4X

6X8 3) REPEAT SIDE, SIDE, FRONT

4X8 2) REPEAT

8X8 1) REPEAT

