

FEBRUARY 2025 | FITNESS | JIVE

APT. | ROSE, BRUNO MARS

2X8 INTRO

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

4X8 1) REPEAT

2X8 2) 12X TWIST, 1X JUMPING JACK

2X8 2) REPEAT

8X8 1) REPEAT

4X8 2) REPEAT

4X8 1) REPEAT

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

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

6X8 3) REPEAT SIDE, BACK, SIDE (END FACING FRONT)

4X8 2) REPEAT

8X8 1) REPEAT

