

# **MARCH 2025 | CHAIR FITNESS | MAMBO I GOT YOU (FEAT JOVI ROCKWELL) | SHAGGY**

## **4X8 INTRO**

**8X8 1) 3X KNEE LIFT BASIC ON-THE-SPOT**

**8X8 2) 3X KICK CUCARACHAS**

**8X8 3) 3X POINTS CHASSE**

**8X8 4) COMBO 3X CHASSE**

**8X8 1) REPEAT**

**8X8 2) REPEAT**

**8X8 3) REPEAT**

**8X8 4) REPEAT**