

MARCH 2025 | 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