

JUNE 2025 | KIDS FITNESS | VIENNESE WALTZ

MAKE IT THROUGH | MIKE APT

4X3 INTRO

32X3 1) 3X CHASSE ± SQUAT

16X3 2) THREE STEP TURN ± CURTSY

32X3 1) REPEAT

16X3 2) REPEAT

32X3 1) REPEAT

