

AEROBICS

grapevine, rocking horse	8
v-step x 2	8
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scoop fwd x 4	8
single knee x 4	8
single hamstring back x 4	8
step-touch x 2, double step-touch	8
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walk x 3 fwd, tap, step-touch x 2	8
gv x 2 diagonal back	8
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lunge side x 4	8
side squat x 2	8
mambo x 2	8
step-touch, single knee, double knee	8
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