

Warm up	
1 - 8	1 Double step leg curl 2 Single step leg curl
9 - 16	4 Step touch
17 - 32	4 Double step touch
33 - 48	4 Mambo
49 - 64	2 Step knee lift & march auf 8

Block I	
1 - 8	1 Step knee lift & march 1 Basic
9 - 16	1 V-Step oben 1 V-Step reverse unten
17 - 24	2 Step leg curl front
25 - 32	2 Step kick & march in die Ecke
1 - 32	gegengleich

Block II	
1 - 8	Repeater
9 - 16	1 Single stomp 1 Double stomp (oben unten)
17 - 24	1 Mambo 1 Basic over
25 - 32	1 Mambo 1 Basic over
1 - 32	gegengleich

Block III	
1 - 8	1 V-Step (oben/unten) 1 Step knee lift & march
9 - 16	2 Cha cha cha & march
17 - 24	Step back leg lift & march
25 - 32	1 Step kneelift & march oben 1 Step knee lift & march unten
1 - 32	gegengleich