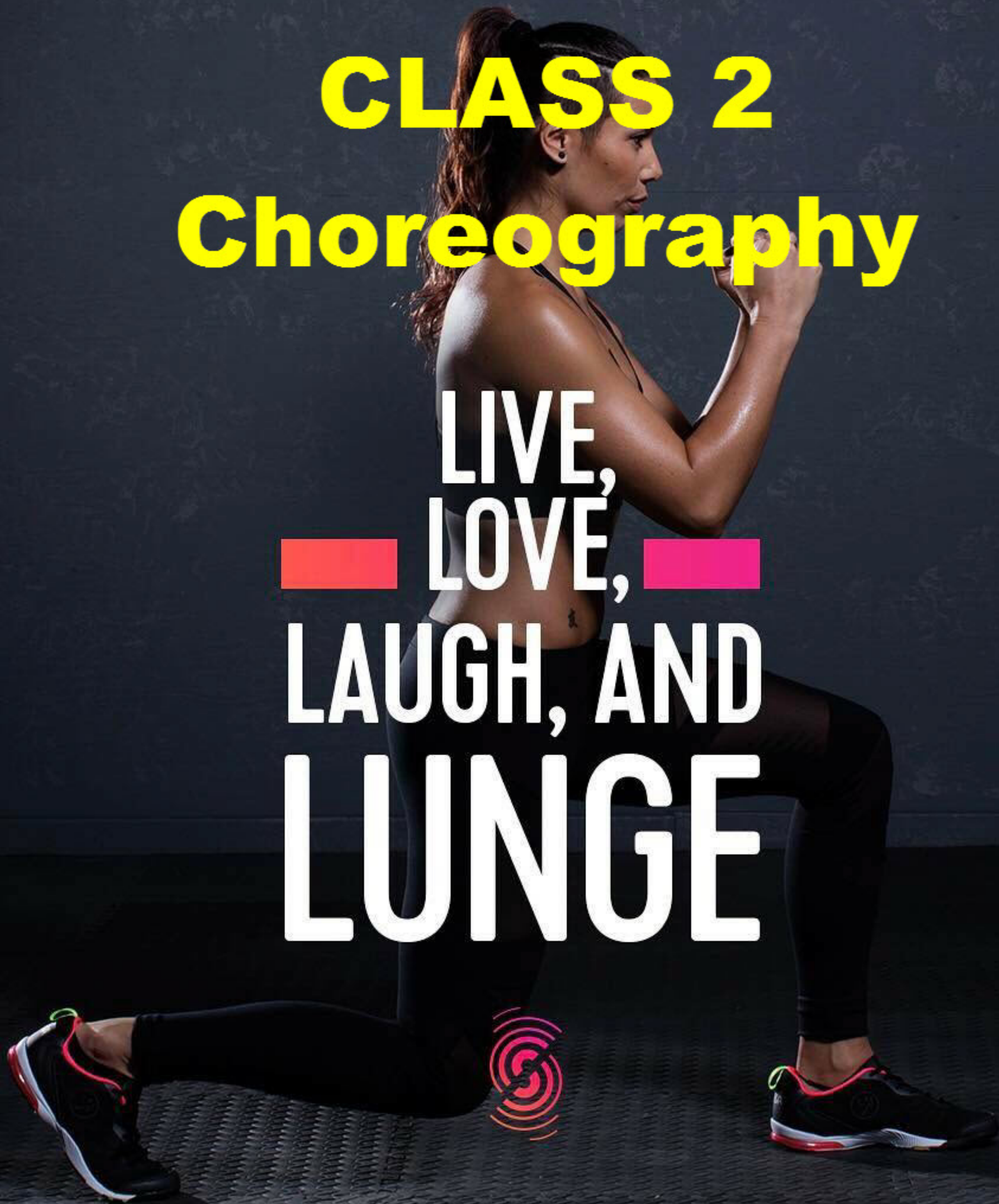


CLASS 2

Choreography

LIVE,
LOVE,
LAUGH, AND
LUNGE



TRACK: ZUMBATRON

0:00 Knee Lift with Rotation
0:33 Jump Rope
0:47 Knee Lift with Rotation
1:00 Front Tap + Squat (Rotation)
1:33 Runners Lunge > Plank Shooter > Push up
1:47 Runners Lunge
2:00 Step Front > Jack > Deep Squat
2:33 Front Tap + Squat (rotation)
3:02 Active Recovery

TRACK: FEEL THE GROOVE

3:07 Prisoner Squat + Knee Lift with Rotation
3:42 Knee Lift + Elbow Strike
3:57 Jab Shuffle + Step together, out (jump) > Squat
4:27 Upper cut
4:43 Jab Shuffle + Step together, out (jump) > Squat
5:13 Upper cut
5:42 Prisoner Squat + Knee Lift with Rotation
6:13 Knee Lift + Elbow Strike
6:28 Active Recovery

TRACK: GET STRONG, MOVE AROUND

6:34 Front Lunge + Hop Switch
6:47 Side Kick
7:02 Front Lunge + Hop Switch
7:08 Side Tap + Shoulder Press
7:32 Demi Squat with Cross Punch (rotation) + Knee Lift with Cross Punch
8:02 Side Kick
8:18 Front Lunge + Hop Switch
8:26 Side Tap + Shoulder Press
8:49 Demi Squat with Cross Punch (rotation) + Knee Lift with Cross Punch
9:20 Down to Plank > Pike
9:36 Pike > Shoulder Press
10:07 Demi Squat with Cross Punch (rotation) + Knee Lift with Cross Punch
10:39 Active Recovery

TRACK: NOBODY

Preview 2x

Split Lunge + Squat *Add Punch

March

Slow Burpee

Run

Shuffle + Slow Burpee

Knee lift + Kick

Prep – Push Up With Knee Drive

Split Lunge Punch + Squat

Run

Shuffle + Burpee

Side Tap + Knee Strike *Slow

Side Tap + Knee Strike *Tempo

Punch Combo – Shuffle + Punch > Jab, Cross, Jab, Knee Strike > Squat > Jack

Split Lunge + Squat

Split Lunge Punch + Squat

Active Recovery

TRACK: BAILA SACUDE

Deep Lunge Pull In + Runners Lunge > Plank

High Knee + Single Knee Strike

Deep Lunge Pull In + Runners Lunge > Plank

Foot Tap Adductors + Plié Squat

Deep Lunge Pull In + Runners Lunge > Plank

Foot Tap Adductors + Plié Squat

High Knee + Single Knee Strike

Deep Lunge Pull In + Runners Lunge > Plank

Jog

Active Recovery

High Knee + Single Knee Strike *Add Plyo

Active Recovery

TRACK: BODY TALK

Side Tap + Side Squat

Jack + Side Squat

Rear Lunge + Squat

Forward Lunge + Reach *Side To Side

Plank > Side Plank

Rear Lunge + Squat *Add Knee Lift

Forward Lunge + Reach *Side To Side

Plank > Side Plank

Active Recovery

Jack + Side Squat

Plank > Side Plank

Active Recovery

TRACK: Quiere Candela

Scissors Switch + Knee Lift
Side Step + Squat / Squat Jump
Punch Combo Cross + Uppercut
March
Side Step + Squat / Squat Jump
Preview Heisman combination
Heisman Combo front + back
Punch Combo Cross + Uppercut
March
Heisman Combo front + back
Punch Combo Cross + Uppercut
March
Scissors Switch + Knee Lift

TRACK: Freaks

Burpee -> prone > lift arms and legs
Jump Side to Side -> High Knees
Jumping Jack /Air Jack
Burpee -> prone > lift arms and legs
Step touch
Burpee -> prone > lift arms and legs
Jump Side to Side -> High Knees
Jumping Jack /Air Jack
Burpee

TRACK: Zum Zum

V-Step
Plank Jacks slow + fast
High Knees -> Shuffle
Knee Lift Diagonal + tap with rotation
March + run -> Step touch
Plank Jacks
High Knees -> Shuffle
Knee Lift Diagonal + tap with rotation
March + run -> Step touch
High Knees -> Shuffle
V-Step
Plank Jacks
High Knees -> Shuffle
Step touch

TRACK: EMPIEZA LA FIESTA

Hip extension – Glute single leg lift (pulse)

Leg extension + cross it over

Plank – elbow to elbow, torso rotation

Side Plank – alternating

Hip extension – Glute single leg lift (pulse)

Leg extension + cross it over

Plank – elbow to elbow, torso rotation

Side Plank – alternating

Hip extension – Glute single leg lift (pulse)

Leg extension + cross it over

Prone hip extension (feet together)

TRACK: GIMME DAT

Plank up downs

Plank with knee drive + rotation + extend

Four points on floor -> crawl

Side Forearm Plank – knee, extend, knee, straighten

Plank up downs

Plank with knee drive + rotation + extend

TRACK: BAD BOY

Basic AB crunch (table top)

Roll up -> tap -> boat pose

Boat pose + upper body rotation with toe tap + one leg extension (alternate legs)

Supine + crunch up -> alternate knee in (grab)

Basic AB crunch (table top) + core rotation

Roll up -> tap -> boat pose

Boat pose + upper body rotation with toe tap + one leg extension (alternate legs)

Supine + crunch up -> alternate knee in (grab)

Basic AB crunch (table top) + core rotation

Triceps dips

Supine + crunch up -> alternate knee in (grab)

Basic AB crunch (table top) + core rotation

