



Jessica Exposito

Aerobic Dance

BLOCK I

" slide cha cha R + lunges RLR+ pas de bourré RL+ turn knee up and slide cha cha L 16 counts

" mambo back turn + step touch dance RL, simple march RL and JUMP16 counts

BLOCK II

" step box and spanish stop and ball change+ sexy mambo box L and turn 16 counts

" mambo cha cha RL and baby mambos RL+ turn 16 counts

BLOCK III

" "onda", step mambo L and turn 8 counts

" stop twist and down R 8 counts

" final dande 16 counts