

## Swedish Dance Aerobics

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[www.fredrik.sjoberg.com](http://www.fredrik.sjoberg.com)

[www.sats.se](http://www.sats.se)

[www.nikewomen.com](http://www.nikewomen.com)

Step knee	(1-8)
Step touch	(1-4)
Side jump	(5-6)
Turn jump	(7-8)
Mambo cha cha	(1-4)
Pivot and march	(5-8)
Step tap	(1-4)
March with arm combination	(5-8)
Mambo	(1-2)
Shot knee	(3-4)
March and pivot	(5-8)
Half grapewine	(1-2)
Hit the floor	(3-4)
Turn	(5-6)
Straddle	(7-8)
Body role	(1-4)
Pas de bourré and pirouette	(5-8)
V-step	(1-4)
March	(5-8)
Low jack x 2	(1-4)
Straddle and armcombination	(5-8)
Side march side push	(1-8)
Leg curl r	(1-2)
Jump switch l	(3-5)
Look to the l	(6)
Look fwd	(7-8)
V-step r	(1-4)
March and bend	(5-8)

### How to “use” this Choreography:

1. Inspire yourself through all your senses
2. Be an original and make it your own