

AEROBIC CUPID CAPACITY DANCE

Music Cue	Movement
To the Right	<p>Jumping Jacks to the R 4 times, jumping on the beat. (Counts 1-&-2-&-3-&-4-&)</p>
To the Left	<p>Jumping Jacks to the L 4 times, jumping on the beat. (Counts 5-&-6-&-7-&-8-&)</p>
Now Kick	<p>Perform R/L high knees. Repeat 4 times. (Counts 1-&-2-&-3-&-4-&)</p>
Now Walk It by Yourself	<p>Take 4 shallow squats in place and make a ¼ turn to face the next wall. (Counts 5-&-6-&-7-&-8-&)</p>

ANAEROBIC CUPID CAPACITY DANCE

Music Cue	Movement
To the Right	Large vertical jumps to the R 4 times, jumping on the beat. (Counts 1-2-3-4)
To the Left	Large vertical jumps to the L 4 times, jumping on the beat. (Counts 5-6-7-8)
Now Kick	1 perfect burpee to the beat. (1-&-2-&-3-&-4-&)
Now Walk It by Yourself	Take 8 small steps in place and make a ¼ turn to face the next wall. (Counts 5-&-6-&-7-&-8-&)