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| **Name of move** | **Similar moves / progressions**  **NOTES** | **Hi impact options / progressions/ regressions** | **Works well with… Use as** | **No of counts per move** |
| March MOTS |  |  |  |  |
| Side steps |  |  |  |  |
| Step touch |  |  |  |  |
| Mambo |  |  |  |  |
| V step |  |  |  |  |
| Tap back |  |  |  |  |
| Side tap |  |  |  |  |
| Knee lifts |  |  |  |  |
| Heel digs |  |  |  |  |
| Toe taps |  |  |  |  |
| **Name of move** | **Similar moves / progressions**  **NOTES** | **Hi impact options / progressions/ regressions** | **Works well with… Use as** | **No of counts per move** |
| Calf raise |  |  |  |  |
| Squat |  |  |  |  |
| Step knee |  |  |  |  |
| Repeater |  |  |  |  |
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