

ADVANCED ATTACK MOVES

30-45 Total Minutes

1. Hesitate and Go
2. Behind the Back Hesitate and Go
3. Hip Swivel Hesitation
4. Hesitate and Jab
5. Between the Legs Jab
6. Cross Jab
7. Hop Jab
8. Hop Crossover
9. Hop In & Out
10. Hesitate Cross
11. Hesitate 'Jab-Jab' Cross
12. Crossover Load 'Jab-Jab' Cross
13. Between the Legs 'Jab-Jab' Cross

