

Asesina - ZIN 66

TC	Song Part	Choreography	Reps
0:00	Intro	Abs going side to side in wide stance	
0:15	A	Abs with knee up	
0:28	B	Slow abs down to left 2x, slow abs down to right 2x, slow ab middle 2x, pull hips 2x	
0:43	C	Faster abs down to left 2x, abs down to right 2x, ab middle 2x, pull hips 2x	2x
0:56	D	Side hops left 2x side hops right 2x with arms following legs	
1:11	C	Faster abs down to left 2x, ab down to right 2x, ab middle 2x, pull hips 2x	2x
1:25	D	Side hops left 2x side hops right 2x with arms following legs	
1:39	E	Jumping Jacks Transition to steps forward in wide stance with abs side to side, switch backwards	
2:07	C	Faster abs down to left 2x, ab down to right 2x, ab middle 2x, pull hips 2x	2x
2:22	F	Knee up across body to meet both hands 8x left, 8x right - don't slip ;)	
2:36	G	Side to side abs, arms up - into side to side abs abs punch down	
2:49	H	March with sunshines up and down	
3:03	C	Faster abs down to left 2x, ab down to right 2x, ab middle 2x, pull hips 2x	2x
3:18	D	Side hops left 2x side hops right 2x with arms following legs	
3:32	H	March with shines up and then shake it off down	