

## Fireball - Pitbull

TC	Song Part	Choreography	Reps
0:00	Intro	Hop side to side	
0:24	Intro-2	Shimmy forwards with wide hip circle- go backwards	
0:31	A	Step behind 2x with arms pumping and then step backwards with hand circles	
0:47	B	Step behind - pause with hip circle in the middle - repeat	
1:02	C	Hip pulls into each leg up	
1:18	D	Sumo squats (hold extra one with beat)	12x
1:34	A	Step behind 2x with arms pumping and then step backwards with hand circles	
1:50	B	Step behind - pause with hip circle in the middle - repeat	
2:06	C	Hip pulls into each leg up	
2:20	D	Sumo squats (hold extra one with beat)	12x
2:36	A	Step behind 2x with arms pumping and then step backwards with hand circles	
2:52	D	Sumo squats with pulse	
3:23	A	Step behind 2x with arms pumping and then step backwards with hand circles Repeat until the end	