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1 WARM-UP

(Choreography Also Listed In Manual on page 40) 1 WARM-UP 1) Squat to Knee Lifts - alternating and repeating 8-12 times per side 2) Finish Squat to Knee Lifts in a strong grounded chair pose - 15-20 seconds (Checking in with where the feet are feeling the pose) 3) Knee Pull Downs Right & Left- alternating and repeating 8-12 times per side

SOSA Dance Fitness® Training Resource Manual 1

SOSA Dance Fitness® Training Resource Manual 5 Introduction SOSA Dance Fitness® was created in September 2012 by Katy Barrow (Associate, International Dance Teachers Association) After 10 years of teaching at Ballroom and Latin dance schools and Salsa clubs, I

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