

“How to Boost 10 Moves”

From the Leslie Sansone “5 Boosted Miles” 2015 Fitness DVD

<u>Movement</u>	<u>How to Boost it</u>
Walking	Marching in place with arms raised or jogging in place
Side Steps	Skaters with slight hop
Kicks	Bigger kicks with a bounce, light on the balls of your feet
Knee Lifts	Knee lifts with a hop
Side hip shuffle (boxer shuffle)	Side hip shuffle faster on the balls of your feet and adding punches
Tap outs	Leg swings
Bouncing in place with feet firmly planted	Bouncing in place with feet leaving the floor
Double Side Step	Jump shuffle with arms in the air or grapevine
Mambo	Light on your feet with slight hop
ChaCha (step, step, run, run, run)	Jog or hop during the ChaCha “run run run” part, light on your feet

Created by www.EmpowerMoms.net