



Choreographed by: Kerry Hockley-Reimon

One way or another/Hit me with your best shot
Primary Fitness Routine

Blue=Alternative Red= Skill Moves
 (Refer to video for Arm Lines)

Counts:	Choreography:
1-8	Grovel, run, flick kick together/(Own Choreography)
1-8	R Step, R knee, R step together, jack together x2
1-8	Step together, star jump, jump onto hip to R, L, R knee together
1-8	Gallop, flick kick x2
1-8	Pony x2, hop, great vine
1-8	Side jack, step in front, knee together x2, twist
1-8	Turning cat leap, step together, jack, cross behind, high kick together
1-8	Fast side touches (1 + 2), knee together, crouch (5,6), stretch jump (8)
1-8	Step hop, run x2, step axle jump, slide together
1-8	Step together, full turn, jack together, knee together
1-8	Flick kick x2, step, helicopter to ground
1-8	Straddle hold/side press, roll over into push up position
1-8	Full push up, fwd roll up/lunge up
Chorus: 1-8	Jack together, pony, run, flick kick together
1-8	Side jack, step in front, turning cat leap, step together, knee together
1-8	Fast great vine, slide together, step hitch kick, together
1-8	Knee over, knee together, touch ground in low lunge, together, jump (8)/ Grovel (5,6,7,8)
1-8	Step across in front, hop, flick kick x2, jack together
1-8	Gallop, split leap, slide together/Step together, stag jump, step through, run x3, together
1-8	Hop, great vine, run x2, step together
1-8	Knee together, grovel, jump (8)
1-8	Knee, side jack, knee together, pony, flick kick
1-8	Jack together, step together, tuck jump, knee together
1-8	Slide together, lunge behind to ground, roll over into splits
1-8	Splits, lunge up
1-2	High kick together
1-8	Knee over, knee together, side jack together x2
1-2-3-4	Run x2, ending pose, (Own Choreography)