

Bhangra Bollywood Dance Workout

Prayer Lotus Over The Head (8)		Prayer Sway (8)	
Blindfold Lunge (8)		Blindfold Lunge (6)	
Jump L-R (8)		Jump L-R (8)	
Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)

Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)	Spin (2)
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Prayer Lotus Over The Head (8)		Prayer Sway (8)		Spin (2)
Blindfold Lunge (8)		Blindfold Lunge (8)		
Jump L-R (8)		Jump L-R (8)		
Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)	

Light Bulb Pencil Shaolin (4)	Light Bulb Pencil Shaolin (4)	Spin (2)
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Shimmy Shimmy Spin Spin (4)	Shimmy Shimmy Spin Spin (4)	Shimmy Shimmy Spin Spin (4)	Shimmy Shimmy Spin Spin (4)
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