

## O Come (Let Us Adore)

Jordan Smith

Format: Choreographed Drumsticks

Length: 3:14

Instructor: Sara Taylor

### **Exercises**

### **Reps**

#### Round 1

Side tap, open arms R, L	4x
Side tap, open arms 2x R, L	2x
Side tap, open arms 4x R, L	1x
Narrow squat down & up	4x
Lunge R	8x
Lunge L	8x
Narrow squat down & up	2x

#### Round 2

Side tap, open arms R, L	4x
Side tap, open arms 2x R, L	2x
Side tap, open arms 4x R, L	1x
*hold	
Lunge R	8x
Lunge L	8x
Narrow squat down & up	4x

#### Round 3

Side lunge stretch R, L	3x
Narrow squat down & up	4x
Lunge R	8x
Lunge L	8x
Narrow squat down & up	4x