

O Come, O Come Emmanuel

Jamie Grace

Format: Choreographed Drumsticks

Length: 3:29

Instructor: Sara Taylor

Exercises	Reps
Intro	
<u>Round 1</u>	
Combo 1	4x
Squat hold, slow drum roll R, L 4x	
Squat step touch R, L 2x	
Combo 2	
Squat, forward hit, behind back hit , forward hit 6x	1x
Squat step touch R, L 2x	
<u>Round 2</u>	
Repeat round 1	
<u>Round 3</u>	
Combo 1	4x
Combo 2	3x