



## O COME O COME EMMANUEL

Jamie Grace

Format: Choreographed Strength  
Length: 3:29  
Instructor: Shannon McCord

Verse:

Alternating R/L front toe tap with L/R side lat raises X4  
R/L salsa X4  
(X4)

Chorus:

Upright row X8  
Up & over R/L X4  
R/L salsa X4

Verse:

Alternating R/L front toe tap with L/R side lat raises X4  
R/L salsa X4  
(X4)

Chorus:

Upright row X8  
Up & over R/L X4  
R/L salsa X4

Verse:

Alternating R/L front toe tap with L/R side lat raises X4  
R/L salsa X4  
(X4)

Chorus:

Upright row X8  
Up & over R/L X4  
R/L salsa X4  
**(X3)**

