



WHITE CHRISTMAS

Crowder

Format: Kickboxing

Length: 2:55

Instructor: Shannon McCord

Verse/Chorus

Right jabs facing left x7, hop to turn

Left jabs facing right x7, hop to turn

X3

Speedbags L/R X8

Hooks L/R X8

Verse/Chorus

Right jabs facing left x7, hop to turn

Left jabs facing right x7, hop to turn

X3

Speedbags L/R X8

Hooks L/R X8

Bridge:

Knee repeaters to the L x8

Knee repeaters to the R x8

X2

Verse/Chorus

Right jabs facing left x7, hop to turn

Left jabs facing right x7, hop to turn

Speedbags L/R X8

Hooks L/R X16

-Finish with knee repeaters-

