

## GLORIFY

PLIE PULSE; LIFT HEELS SINGL; DBL

- 1) RIGHT PLIE 3 HOLD AND SLIDE 2X;  
COSACK SQUAT SIDE TO SIDE 8X  
PLIE PULSE AND HOLD  
REPEAT ON LEFT

PLIE PULSE; LIFT HEELS SINGL; DBL ;HOLD UP ON  
TOES

1:50 purify us now --

- 2) LUNGE R LG FRWD PLSE 2 SLOW; 4 FAST; 2X  
LUNGE / GLUTE LIFT 8  
SQUAT 2 PULSE 4; SQUAT 2

2:26 LUNGE L LEG FRWD

3:25 SQUAT 2;PULSE 4 4X,WIDE SQT PLSE DOWN

- 3) SIDE LUNGE; PULL KNEE IN;  
SIDE LUNGE; CURTSY DIP 2X  
SIDE LUNGE; CURTSY DIP 4X

REPEAT OTHER SIDE 4:15

- 4) TRI-STAR LUNGE; LIFT SIDE 2  
TRI-STAR LUNGE; HOLD AND SWTCH SDS  
TAKE A SEAT AND HOLD