

Izett's Xtreme Step

XS Challenge Breakdowns

Xtreme Step Challenge #1				Total	Running
Description	Notes	# of counts	# of Reps	Counts	Counts
Soundtrack - Incredible by General Levy					
1	Intro (Pause)		8 1	8	8
2	Intro (Short Stop)		8 1	8	16
3	Underground		32 1	32	48
4	Bust a Move		32 1	32	80
5	Zip it 2 X		32 1	32	112
6	Stomp the Yard		32 1	32	144
7	PacMan (Half)		32 1	32	176
8	Slip n Slide	Back-pivot on the last 5-6-7-8	32 1	32	208
9	Get Loose		32 1	32	240
Total				240	

Xtreme Step Challenge #2				Total	Running
Description	Notes	# of counts	# of Reps	Counts	Counts
Soundtrack - I Wanna Rock (Snoop Dogg) or Go Crazy (Flo Rida)					
1	Rebound		16 1	16	16
2	Cupid Shuffle (two 8 counts only)		16 1	16	32
3	Pogo (8 counts) + Rewind the Remix (24 Counts)		32 1	32	64
4	BWA Modified		32 1	32	96
5	Just Do It Too		32 1	32	128
6	Dejavu		32 1	32	160
7	New Twist		32 1	32	192
8	New Switch		32 1	32	224
Total				224	

Shock Wave				Total	Running
Description	Notes	# of counts	# of Reps	Counts	Counts
Soundtrack - B Betta Have My Money					
1	Intro (Matrix)	Shockwave on YouTube	32 1	32	32
2	Touchdown		32 1	32	64
3	Aftershock		32 1	32	96
Total				96	