

Download Buns Of Steel 6: Intermediate Step Vhs Tape (1993) Lynne Brick

Lynne Brick leads you through this 30 minute step routine, she instructs one on one, but is friendly, enthusiastic and cues well. The choreography is pretty easy to pick up, you will see basic steps, v-steps, knee lifts, step kicks, over the tops, straddles, etc. Download Buns Of Steel 6: Intermediate Step Vhs Tape (1993) Lynne Brick The set is the same as most of the Buns of Steel series, which is plain but never bothered me. Lynne Brick leads you through this 30 minute step routine, she instructs one on one, but is friendly, enthusiastic and cues well. The choreography is pretty easy to pick up, you will see basic steps, v-steps, knee lifts, step kicks, over the tops, straddles, etc. item 2 2 Exercise VHS Video Tapes ABS & BUNS OF STEEL Step Workout Floor Intermediate 6 - 2 Exercise VHS Video Tapes ABS & BUNS OF STEEL Step Workout Floor Intermediate 6