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**RJ Shavelson**



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for me this was bodycombat 72 and cxworx 27 what i didn t know was that the way the choreography notes are put together  
are now different

**rpm 63 music review geoff mazeroff** - May 13 2023

web sep 3 2014 part of my process of learning an rpm release is to listen to the music first before doing anything with the  
choreography considering the les mills program directors pick the music first and choreograph later i m trying