

BUILT FOR THIS

ARTIST: Becky G.

TRACK LENGTH: 3:10

TRACK SPEED: 100 bpm | 0%

FORMULA: [AB*C AB*CD BC]



MOVE A: On your back, set legs in a butterfly position: cross crunch side leading with armpit, crunch center, cross crunch opposite side. Keep elbows wide.

MOVE B: Same position as Move A, ab circle for 4 counts. Alternate directions.

MOVE C: "C" Sit: bring knee in & touch shoelaces X8, change to a clap under leg & overhead X8.

MOVE D: "C" Sit: Alternate the elbow pull downs.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	32 cts	Set them up in Move A
A	I'm so hypnotized, open the days, mesmerized	4x/32 cts	
B	You want me all alone	8x/32 cts	
Filler	Built for this	4 cts	Sit up in "C" position
C	Instrumental	1 round/32 cts	
A	Too fly for you, have to go	4x/32 cts	
B	You want me all alone	8x/32 cts	
Filler	Built for this	4 cts	Sit up in "C" position
C	Insturmental	1 round/32 cts	
D	Instrumental (heavy beat)	16x/32 cts	
B	You want me all alone	8x/32 cts	
C	Instrumental	1 round/32 cts	