

# MY WAY

**ARTIST:** Ava Max

**TRACK LENGTH:** 2:22

**TRACK SPEED:** 100 bpm | 0%

## FORMULA: [ABC ABCD]

**MOVE A:** Legs start straight up from the hips: Slowly lower the legs for 4 counts with flexed feet then slowly lift the legs to the starting position for 4 counts with pointed toes.

**MOVE B:** Legs straight up from hips and hands behind head: lift shoulders off the mat and cross right arm to outside of left shoe. Alternate.

**MOVE C:** Alternate oblique bicycle crunch. Slow 8x, quick 16x.

**MOVE D:** Quick flutter kicks.



MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	My momma used to say	4x/32 cts	
B	This is not a love song	8x/16 cts	
C	Add a little sugar, they say	1 round/32 cts	
A	<i>Instrumental... This time it's my way, ah, my way</i>	6x/48 cts	Note: two extra lifts
B	This is not a love song	8x/16 cts	
C	Add a little sugar, they say	1 round/32 cts	
D	<i>This time it's my way, ah, my way</i>	64x/32 cts	