

UP UP & AWAY

ARTIST: Jack Harris
TRACK LENGTH: 2:44
TRACK SPEED: 100 bpm | 0%



FORMULA: [ABC ABC ABAC]

MOVE A: Legs straight and hovering: circle for 3 counts then touch heel to toe on count 4/8. Alternate which foot is on top.

MOVE B: One leg straight on the ground with the other one bent as you crunch X8. Alternate.

MOVE C: Crunch center X2, then alternate oblique reach to the opposite knee X2.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental/whistling	16 cts	
A	I was frozen by the city lights	8x/32 cts	
B	Slow down, you're running out of road	2x/32 cts	
C	Away... (whistling)	2x/16 cts	
A	We were kids we cast away the toys	8x/32 cts	
B	Slow down, you're running out of road	2x/32 cts	
C	Away... (whistling)	2x/16 cts	
A	Call me, call me when you need me	8x/32 cts	
B	Call me, call me when you need me	2x/32 cts	
A	Slow down, you're running out of road	8x/32 cts	
C	Away... (whistling)	4x/32 cts	

