LADY

ARTIST: Dixie Mann
TRACK LENGTH: 2:15
TRACK SPEED: 100 bpm | 0%

FORMULA: []

MOVE A: Reverse crunch into bicycle hold; alternating X4. Change bicycle into scissor leg hold with opposite arm reach X4.

MOVE B: Full crunch, alternate cross up top X4, roll all the way down, alternate reach X2.

MOVE C: Crunch ab circle for 8 counts. Alternate directions.

MOVE	*LYRICS*	*REPS/CT*	*NOTES*
A	Well I was walkin' for some time	2x/32 cts	
B	Instrumental	4x/16 cts	
C	One day I was trippin' and that's when I could see	2x/ 32 cts	
D	I don't need no sympathy. I won't cry and whine.	8x/32 cts	
A	Well I was walkin' for some time	2x/32 cts	
B	Instrumental	4x/16 cts	
C	I ain't got B-S in my bag	2x/ 32 cts	
D	I don't need no sympathy. I won't cry and whine.	8x/32 cts	
A	Well I was walkin' for some time	2x/32 cts	
B	Instrumental	4x/16 cts	
E	Instrumental	10x/40 cts	
D	I don't need no sympathy. I won't cry and whine.	8x/32 cts	
A	Well I was walkin' for some time	2x/32 cts	
B	Instrumental	4x/16 cts	

FUSE