

BANG!

ARTIST: AJR

TRACK LENGTH: 3:21

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC ABC DC]

MOVE A: Lay flat on back with legs straight, add a slow crunch with hands behind head.

MOVE B: Lift shoulder blades & feet up and alternate leg lift grabbing ankle.

MOVE C: Double leg stretch X6: arms to one wall, feet to other, circle arms and bring knees to chest. Lift all the way up to add more. Sit all the way up, lean back slow on “bang, bang, bang”.

MOVE D: Hold “C” sit with arm pulse: X8 palms down, X8 palms up, X8 palms down, “V” sit hold.



MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	8 cts	
A	I get up, I get down and I'm jumpin' around	8x/16 cts	
B	(Bang! Bang!) So I got an apartment across from the park	16x/16 cts	
C	(Here we go) So put your best face on, everybody	2x/64cts	
A	Feel like I'm gonna puke 'cause my taxes are due	2x/32 cts	
B	Man, I'm up to something (up to something)	16x/16 cts	
C	(Here we go) So put your best face on, everybody	2x/64cts	
D	Bang bang bang	1 round/48 cts	
C	(Here we go) So put your best face on, everybody	2x/64cts	