

WE BAD, WE KNOW

ARTIST: Zoi & Byfox
TRACK LENGTH: 2:30
TRACK SPEED: 100 bpm | 0%



FORMULA: [ABC* ABC* AA]

MOVE A: Bent leg fire hydrant lifts X3, hold the last one and kick the foot back.

MOVE B: Double knee in, double heel lift to the ceiling.

MOVE C: Straight leg lift with heel to the ceiling.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	32 cts	
A	We bad, we know (who)	4x/32 cts	Right Side
B	We going off like a big, big bomb	4x/32 cts	Right Side
C	Instrumental	8x/16 cts	Right side
Filler	Blow, blow, blow a kiss to you	16 cts	Childs pose stretch
A	We bad, we know (who)	4x/32 cts	Left side
B	We're going off like a big, big bomb	4x/32 cts	Left side
C	Blow, blow, blow a kiss to you	8x/16 cts	Left side
Filler	Blow, blow, blow a kiss to you	16 cts	Childs pose stretch
A	We bad, we know (who)	4x/32 cts	Right side
A	Somebody gon' pay for that	4x/32 cts	Left side