

CHK CHK BOOM

ARTIST: Stray Kids
TRACK LENGTH: 2:28
TRACK SPEED: 98 bpm | 3%



FORMULA: [ABC ABC A]

MOVE A: Hip thrust X2, pulse up top X3 then lower. Hips don't ever touch the mat.

MOVE B: Open knee wide, kick foot to the side, bent knee, back to starting. Repeat 4x then alternate.

MOVE C: Hips up as knee goes to chest, kick foot to the ceiling, hip thrust. Repeat 8x then alternate.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	정중앙 흑색의 저 점도 (I hit the black dot right at the center)	4x/32 cts	
B	Yeah, yeah, yeah, yeah, 안 되는 것도 없이, I do it (do it)	2x/32 cts	
C	(Boom) Vamos, I know that you want it	2x/32 cts	
A	cliché 파괴 자체가 더 cliché (Destroying the cliché is more of a cliché itself)	4x/32 cts	
B	목표치에 한 발씩, 한발치 더 다다랐지 (Breaking the silence)	2x/32 cts	
C	(Boom) Vamos, I know that you want it	2x/32 cts	
A	깊이 더 파고들어, my bullet goes 탕탕탕	4x/32 cts	

