

TWISTED

ARTIST: AVIVA
TRACK LENGTH: 2:38
TRACK SPEED: 100 bpm | 0%



FORMULA: [ABC AC BC]

MOVE A: Side plank with bottom knee on ground: top bends towards shoulder as same elbow meets the knee, then back to straight arm/leg without touching ground. Repeat 7x, then alternate.

MOVE B: Plank hold as both knees dip towards mat.

MOVE C: Alternate crossing mountain climbers X8, slowly open to a “T” on both sides.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	Vicious, you got me	2x/32 cts	
B	Oh, my thoughts keep crashing down	8x/16 cts	Straight arm plank
C	Got me kinda twisted, think you've got me now	2x/32 cts	
A	Wicked kinda dreams but I'm no one's girl	2x/32 cts	
C	Got me kinda twisted, think you've got me now	2x/32 cts	
B	<i>Time is running out</i>	16x/32 cts	Elbow Plank
C	Got me kinda twisted, think you've got me now	2x/32 cts	

