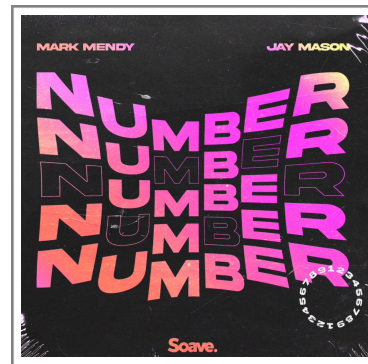


NUMBER

ARTIST: Mark Mendy
TRACK LENGTH: 2:17
TRACK SPEED: 100 bpm | 0%



FORMULA: [ABC* ABC]

MOVE A: Hip lift with single knee to chest X4. Alternate.

MOVE B: Hip thrust up and hold as hips move side to side X4, lower and hover hips as they move side to side X4.

MOVE C: Hip thrust hold X2, lower hold X2, single hip thrust X2.

| MOVE | LYRICS | REPS/CT | NOTES |
|--------|-----------------------------------|-----------|-------------------|
| Intro | Señorita, listen up | 16 cts | |
| A | They say you are one in a million | 2x/32 cts | |
| B | Moving it side to side | 4x/32 cts | |
| C | When we go up and down | 8x/64 cts | |
| Filler | <i>Music quiets</i> | 4 cts | Set up for move A |
| A | Sorry but I'm just being honest | 2x/32 cts | |
| B | Moving it side to side | 4x/32 cts | |
| C | When we go up and down | 8x/64 cts | |

