

BEEN LIKE THIS

ARTIST: Meghan Trainor & T-Pain

TRACK LENGTH: 2:26

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC ABC AC]



MOVE A: Plank: push hips back to corner as knees point other direction, go back to plank. Alternate directions.

MOVE B: Side plank: reach overhead then rotate to “thread the needle” with hand sliding by hip. Repeat 4x then switch sides.

MOVE C: Plank walk side X2, plank hold as you alternate knees X4. Alternate plank walk direction.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	ooh-wee, she got that booty	8x/32 cts	
B	Oh, 'cause she's cute and she's classy	2x/32 cts	
C	But I been like this, I been like this	4x/32 cts	
A	Baby, I would do the (ooh), shake a little (ooh), make it jiggle (ooh)	8x/32 cts	
B	We gon' ride first class to heaven	2x/32 cts	
C	'Cause I been like this (this), I been like this (this)	4x/32 cts	
A	I'm a pop star, I'm a wifey	8x/32 cts	
C	But I been like this (this), I been like this (this)	6x/48 cts	

