

PLAYERS

ARTIST: Coi Leray
TRACK LENGTH: 2:20
TRACK SPEED: 100 bpm | 0%



FORMULA: [ABC ABC A]

MOVE A: Alternate hip dip side to side X2, alternate oblique knee to shoulder X2.

MOVE B: Side plank with bottom knee on the mat; reach top arm and leg to each wall then bring knee to elbow X4. Alternate.

MOVE C: Plank hold; double knee dip X4, plank jack X2.

MOVE	LYRICS	REPS/CT	NOTES
INTRO	Instrumental	16 cts	
A	Yeah, 'Cause girls is players too, uh	4x/32 cts	
B	What you know 'bout livin' on the top	2x/32 cts	
C	'Bout to catch another flight (yeah)	4x/32 cts	
A	Yeah, 'Cause girls is players too, uh	4x/32 cts	
B	I go, on and on and on again	2x/32 cts	
C	'Bout to catch another flight (yeah)	4x/32 cts	
A	Yeah, 'Cause girls is players too, uh	4x/32 cts	

