

SUPER POWER

ARTIST: Liam Luke Illiffe
TRACK LENGTH: 2:33
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC ACB* AB]

MOVE A: Alternate side squat X3, narrow squat hold center with alternating heel lifts X4.

MOVE B: Bent leg booty lift to the back X2, alternate side step X2. Alternate booty lift leg.

MOVE C: Bent side leg lift X4. Alternate.



MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	See me fly in with my superpowers	2x/32 cts	
B	Now you pushing with the big boys	2x/16 cts	
C	I push it real hard like I'm grazing bone	4x/32 cts	
A	See me fly in with my superpowers	2x/32 cts	
C	Instrumental (strong beat)	2x/16 cts	
B	Now you pushing with the big boys	4x/32 cts	
Filler	I don't need no sympathy. I won't cry and whine.	2 cts	Set up for Move A
A	See me fly in with my superpowers	2x/32 cts	
B	Now you pushing with the big boys	4x/32 cts	

