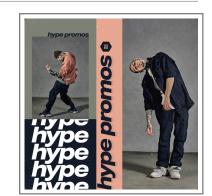
## SUPER POWER

**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	
А	See me fly in with my superpowers	2x/32 cts	
В	Now you pushing with the big boys	2x/16 cts	
С	I push it real hard like I'm grazing bone	4x/32 cts	
А	See me fly in with my superpowers	2x/32 cts	
С	Instrumental (strong beat)	2x/16 cts	
В	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
А	See me fly in with my superpowers	2x/32 cts	
В	Now you pushing with the big boys	4x/32 cts	

