

# ROLLERCOASTER

**ARTIST:** Bean

**TRACK LENGTH:** 3:11

**TRACK SPEED:** 100 bpm | 0%

**FORMULA:** [ABCD\* ABCD\* ACDB]



**MOVE A:** Plank with repeater leg lift X8. Alternate.

**MOVE B:** Plank with alternating hip dips side to side.

**MOVE C:** Mountain climbers: single, single, double hold.

**MOVE D:** Plank with alternating elbow dips.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	You're such a tease	2x/32 cts	
B	Buckle up baby	16x/32 cts	
C	You're like a rollercoaster	8x/32 cts	
D	We're going up we're going down	8x/16 cts	
Filler	Instrumental	16 cts	Sit iback on heels n childs pose
A	Soon you'll be	2x/32 cts	
B	Buckle up baby	16x/32 cts	
C	You're like a rollercoaster	8x/32 cts	
D	We're going up we're going down	16x/32 cts	
Filler	Won't live on a prayer	16 cts	Sit iback on heels n childs pose
A	Got my high heels on	2x/32 cts	
C	You're like a rollercoaster	8x/32 cts	
D	We're going up we're going down	16x/32 cts	
B	Oh yeah	8x/16 cts	