

BUTTER

ARTIST: BTS

TRACK LENGTH: 2:44

TRACK SPEED: 100 bpm | 0%

FORMULA: [AB ABCD BC]

MOVE A: Glute lift pulse with flexed foot X8, fire hydrant pulse X8, bent leg parallel to floor as you pulse knee to shoulder X8. One leg at a time each round. Look at notes below.



MOVE B: Straight leg with pointed toe rainbow X4, bent knee rainbow X4. See notes below.

MOVE C: Hover knees in table top as you alternate step wide X2, narrow X2. Repeat 4x on each leg.

MOVE D: Hover knees then lift hips to straighten legs and push through heels.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Beats...	8 cts	
A	Smooth like butter, like a criminal undercover	1 round/48 cts	Front leg
B	Side step, right-left, to my beat	2x/ 32 cts	Front leg
A	Smooth like butter, pull you in like no other	1 round/48 cts	Back leg
B	Side step, right-left, to my beat	2x/ 32 cts	Back leg
C	Instrumental	8x/32 cts	
D	Ice on my wrist, I'm that nice guy	8x/32 cts	
B	Side step, right-left, to my beat	2x/32 cts	Front leg X1, Back leg X1
C	Smooth like (butter), cool shade (stunner)	8x/32 cts	