

TWERK IT LIKE MILEY

ARTIST: Brandon Beal feat Christopher & Dawin {Dawin Remix}

TRACK LENGTH: 3:19

TRACK SPEED: 100 bpm | 0%



FORMULA: [ABC ABC ABCD]

MOVE A: Lying on back, knees bent & hip width apart: Lift hips up, open knees, close knees, lower & hover hips.

MOVE B: Hip dip to right side, lift up to left corner. Relax the hip on the dip (feel it in hamstrings), squeeze glutei at top corner. Repeat 8x on each side.

MOVE C: Circle hips in one direct 4x. Squeeze hips at the top of the circle with a hip lift. Never let the hips touch the mat.

MOVE D: Hold the hip life and pulse the knees wide.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Ah ah ah ah....	16 cts	Set them up for Move A
A	Hey, girl, this yo song, let's see that badonkadonk	8x/32 cts	
B	When you back back back back back it up	1 round/32 cts	
C	Start twerkin' like Miley	4x/32 cts	
A	Hey girls, whatcha gonna do	8x/32 cts	
B	When you back back back back back it up	1 round/32 cts	
C	Start twerkin' like Miley	4x/32 cts	
A	I know you wore them jeans	8x/32 cts	
B	Twenty more shots then I pass out	1 round/32 cts	
C	Start twerkin' like Miley	4x/32 cts	
D	Instrumental/scatting	32 cts	

