2-STEP

ARTIST: Unk
TRACK LENGTH: 3:19
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCD ABCD ABCD]

MOVE A: Narrow squat pulse/hold.

MOVE B: Alternate wide step X2, narrow step X2. Repeat 4x then hold center on toes and pulse knees out X16 counts. Alternate starting leg step after

MOVE C: Alternate side step X2, travel back as you double step right then left. Repeat traveling forward.

MOVE D: Reverse lunge X4 keeping front leg bent. Alternate.

MOVE	*LYRICS*	*REPS/CT*	*NOTES*
A	Four, three, two, two	About 16 counts	
B	Now go on and two step	2x/64 cts	
C	I hit the club fresh my stunna shades	2x/64 cts	
D	Now Im a take my time	2x/32 cts	
A	Four, three, two, two	16 cts	
B	Now go on and two step	2x/64 cts	
C	Take two steps to the left	2x/64 cts	
D	They call me big worm	2x/32 cts	
A	Four, three, two, two	16 cts	
B	Now go on and two step	2x/64 cts	
C	Two step	1x/32 cts	
D	Instrumental	2x/32 cts	

FUSE