

# NIGHTS LIKE THIS

**ARTIST:** Loud Luxury & CID

**TRACK LENGTH:** 2:53

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

**FORMULA:** [A{f}BC A{f}BCD]



**MOVE A:** Lying on side: lift top leg slow X2, lower slow X2.

**MOVE B:** Knee bent with toes pointed: dip knee to front X2, toe tap to back X2. Repeat 4X. Single taps, knee then toe, X8.

**MOVE C:** Straight legs with flexed feet: pulse straight up X8, pulse to back X8.

**MOVE D:** Butterfly hip lifts.

MOVE	LYRICS	REPS/CT	NOTES
Intro	You should know that I live for nights like this	32 cts	Lay on side & set up form
A	You should know that I live for nights like this	4X/32 cts	
FILLER	Instrumental	4 cts	Bend knee to abs
B	Nights like this, like this	1 round/64 cts	
C	Nights like this, like this	1 round/32 cts	
FILLER	You should know that I live for nights like this	32 cts	Switch sides & set up form
A	You should know that I live for nights like this	4X/32 cts	
FILLER	Instrumental	4 cts	Bend knee to abs
B	Nights like this, like this	1 round/64 cts	
C	Nights like this, like this	1 round/32 cts	
D	Nights like this, like this	8x/32 cts	Quickly move to back

