

# R U DOWN?

**ARTIST:** Loud Luxury  
**TRACK LENGTH:** 2:20  
**TRACK SPEED:** 100 bpm | 0%



## FORMULA: [ABCD\* ABCD]

**MOVE A:** Fire hydrant lift: bent leg lateral lift.

**MOVE B:** Tap wide to the outside corner, swing bent leg to the other side. Moving leg should cross over stationary leg.

**MOVE C:** Straight leg lift to the back X4, ham curl X4 with knee staying parallel to the ground.

**MOVE D:** Bring knee into the chest, lift heel to ceiling, cross the same knee over stationary one X2.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Tell me, are you down, down, down, down?	16 ct	
A	You, you're always good for a good time	8x/32 cts	Right Leg
B	Pull your back up in it	8x/32 cts	Right Leg
C	Pull your back up in it	2x/32 cts	Right Leg
D	Put your, down, down	4x/32 cts	Right Leg
Filler	Hey, I've been down from the get-go	16 cts	Sit back and stretch, change stationary leg
A	But if you wait a little after the party	8x/32 cts	Left Leg
B	Pull your back up in it	8x/32 cts	Left Leg
C	Pull your back up in it	2x/32 cts	Left Leg
D	Put your, down, down	4x/32 cts	Left Leg

