

BREAKING ME

ARTIST: Topic & A7S
TRACK LENGTH: 2:47
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCDE ABCDE]



MOVE A: C-sit position: Twist with arm reach to opposite knee. Alternate.

MOVE B: C-sit position: Alternate leg kick with arms hovering.

MOVE C: C-sit position with hands behind booty for balance with accordion legs: hold straight, hold tuck, quick out & in X4.

MOVE D: Lay on back and crunch with knees bent at 90 degrees with feet parallel to floor.

MOVE E: Lay flat with arms overhead and legs straight with alternating flutter kick.

MOVE	LYRICS	REPS/CT	NOTES
Intro	La-la-la-la, la-la-la-la	2x/32 cts	
A	Call me what you wanna, I'll be what you wanna	4x/16 cts	
B	if you wanna 'cause I got this feeling	2x/ 32 cts	
C	And I'll be singing, la-la-la-la, la-la-la-la	8x/32 cts	
D	I'm just right here dancing around to the rhythm	2x/32 cts	
E	la-la-la-la, la-la-la-la	4x/16 cts	
A	You can do whatever, I'll be here forever	2x/ 32 cts	
B	if you wanna 'cause I got this feeling	8x/32 cts	
C	And I'll be singing, la-la-la-la, la-la-la-la	2x/32 cts	
D	I'm just right here dancing around to the rhythm	4x/16 cts	
E	la-la-la-la, la-la-la-la	10x/40 cts	

