

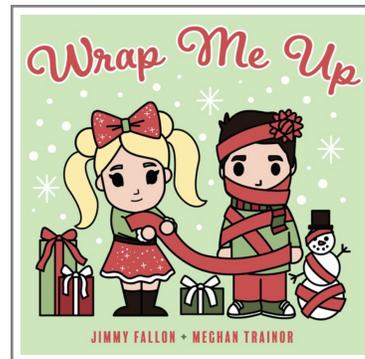
# WRAP ME UP

**ARTIST:** Meghan Trainor & Jimmy Fallon

**TRACK LENGTH:** 2:28

**TRACK SPEED:** 99 bpm | 1%

## FORMULA: [ABCD ABCD A]



**MOVE A:** Narrow squat with both arms low, booty lift to the back as same arm high pulls. SLOW! Alternate booty lifts/arm pulls.

**MOVE B:** Lunge with both arms straight in front, turn side into sumo squat with same arm pull back, lunge with arms in front, step together with arms low. Alternate.

**MOVE C:** Wide stance with straight legs; circle hips right to left then squat X2 with alternating push down. Then circle hips left to right then squat X2 with alternating arm push overhead.

**MOVE D:** Alternating side lunge staying low with alternating bicep curls.

MOVE	LYRICS	REPS/CT	NOTES
A	It's Christmas time, my dear	8x/32 cts	
B	Is it a tie? (No)	4x/32 cts	
C	Come on, wrap me up	8x/64 cts	
D	Come on, wrap me up (slower)	16x/32 cts	
A	We deckin' halls, 'cause Santa's coming Christmas Eve	8x/32 cts	
B	Is it a drone? (No)	4x/32 cts	
C	Come on, wrap me up	8x/64 cts	
D	Come on, wrap me up (slower)	16x/32 cts	
A	I wanna wrap you up (hey)	8x/32 cts	