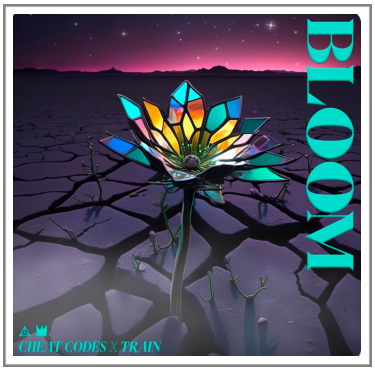
BLOOM



ARTIST: Cheat Codes & Train
TRACK LENGTH: 2:28
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCD ABCD]

MOVE A: Flat on back with shoulders lifted, hands behind head, and knees bent with feet on mat. Straighten both legs to a 45 degree angle and replace heels to mat.

MOVE B: Alternate scissor run with bent legs.

MOVE C: Alternate oblique crunch as you reach both hands to each knee as you alternate side to side.

MOVE D: C-sit position: alternate rotation as one arm reaches to the back with other arm overhead bending the arms in the center in between rotations, stay center and push hands forward as you lean back X2.

MOVE	***LYRICS***	***REPS/CT***	***NOTES***
Intro	Yeah, you make me bloom	16 cts	
A	Tore my heart like a page out a book	8x/16 cts	
B	Walkin' so tall, but I keep fallin' down	16x/32 cts	
C	Yeah, you make me, my, my, any	16x/32 cts	
D	Yeah, you make me bloom	4x/32 cts	
A	I'm not a saint, but I do what I can	8x/16 cts	
B	Walkin' so tall, but I keep fallin' down	16x/32 cts	
C	Yeah, you make me, my, my, any	16x/32 cts	
D	Yeah, you make me bloom	8x/64 cts	