

# IF ONLY I

**ARTIST:** Loud Luxury, Two Friends & Bebe Rexha  
**TRACK LENGTH:** 2:23  
**TRACK SPEED:** 100 bpm | 0%



## FORMULA: [ABCD ABCD C]

**MOVE A:** Tuck both knees in, then straight leg scissor hold. Make the scissor as big as you want.

**MOVE B:** Quick center crunch.

**MOVE C:** Full body sit up: reach front (half up), reach overhead (at top), reach front (half down), lay down (arms overhead).

**MOVE D:** C-sit position: Russian twist X4, pilates pulse X4 (heels off mat and straight arms pulse).

MOVE	LYRICS	REPS/CT	NOTES
A	I can see the sunset	8x/32 cts	
B	Don't you hate goodbyes?	16z/32 cts	
C	If only I could stop the sunrise	4x/32 cts	Last round, stop at C-sit
D	If only I could stop the sunrise	4x/32 cts	Last pulse, lay down
A	Show me good love and a real time	8x/32 cts	
B	Don't you hate goodbyes?	16z/32 cts	
C	If only I could stop the sunrise	4x/32 cts	Last round, stop at C-sit
D	If only I could stop the sunrise	4x/32 cts	Last pulse, lay down
C	Outro	2x/16 cts	