

HEARTS LIKE DYNAMITE

ARTIST: HVME & Anne Gudrun

TRACK LENGTH: 2:20

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC AB(1)C B(1)C]



MOVE A: Full reverse crunch SLOW up & down! Get as high as you can while giving modifications.

MOVE B: Repeater jack knife crunch X8; four times lying flat, four times all the way up.

MOVE C: Double crunch center into scissor leg hold (top foot flexed). Alternate scissor legs.

MOVE	LYRICS	REPS/CT	NOTES
A	You've got me paralyzed	4x/32 cts	
B	We've got hearts like dynamite	2x/64 cts	
C	Ha! Hearts like dynamite	4x/32 cts	
A	Feels like a hurricane	4x/32 cts	
B	We've got hearts like dynamite	1x/32 cts	Right leg
C	Ha! Hearts like dynamite	4x/32 cts	
B	We've got hearts like dynamite	1x/32 cts	Left leg
C	Ha! Hearts like dynamite	4x/32 cts	

