LEG FINISHER
STANDING-QUAD

RELEASE DATE: 10/18/2024

SHADOW

ARTIST: Livingston
TRACK LENGTH: 2:38
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCD ABCD BCD]

MOVE A: Leg swings from front to back corner then double glute lift to the back corner. Refer to notes for reps/legs.

MOVE B: Start in narrow squat on toes: alternate step wide X2, alternate step narrow X2, hold and butterfly legs open X2. Refer to notes with leg leads.

MOVE C: Attitude lift to the back then swing to front attitude. Keep the balance the whole time. Check notes below for reps.

MOVE D: Reverse lunge, turn to side and open into a squat, lunge, step together. Check notes below for legs/reps.

MOVE	***LYRICS***	***REPS/CT***	***NOTES***
Intro	Instrumental	16 cts	
A	One foot in the ground	4x/32 cts	Right leg only
B	Don't think twice	4x/32 cts	Right leg lead
C	Oh….Don’t you let them take control	8x/32 cts	Right leg lead
D	It's just your shadow on the floor	4x/32 cts	Right leg goes back into reverse lunge
A	One eye on the clock	4x/32 cts	Left leg only
B	Don't think twice	4x/32 cts	Left leg lead
C	Oh….Don’t you let them take control	8x/32 cts	Left leg lead
D	It's just your shadow on the floor	4x/32 cts	Left leg goes back into reverse lunge
B	Tell me that you hate me, yeah	4x/32 cts	Alternate directions
C	Ooooooooo	8x/32 cts	Alternate directions after 4 swings
D	Instrumental	4x/32 cts	Alternate directions