

HAVE MERCY

ARTIST: Chlöe

TRACK LENGTH: 2:29

TRACK SPEED: 100 bpm | 0%

FORMULA: [*ABC *ABC *A]

MOVE A: Lying on your back with lower back into the mat and knees bent: slow alternating reach to heels X4, then quick reaches 16x.

MOVE B: Legs start straight up, bend one knee in, meet at the 45 degree angle, bend same knee in, legs straight up. Alternate.

MOVE C: Alternate knee to chest as feet meet at the 45 degree angle in between to burn out core.



MOVE	LYRICS	REPS/CT	NOTES
Filler	Booty so big (work!) Lord, have mercy (work!)	4 cts	
A	Why I keep bossing like I do?	1x/16 cts	
B	Boy, you looking at me like I ain't give you no choice	4x/16 cts	
C	He say he like that Laffy Taffy	16x/16 cts	
Filler	Booty so big (work!) Lord, have mercy (work!)	4 cts	
A	Why I keep bossing like I do?	2x/32 cts	
B	(Like)...How to surf it, man, how to work it, man	4x/16 cts	
C	He say he like that Laffy Taffy	16x/16 cts	
Filler	Booty so big (work!) Lord, have mercy (work!)	4 cts	
A	Why I keep bossing like I do?	2x/32 cts	