PAPA

ARTIST: Sickotoy, Elvana Gjata & Inna
TRACK LENGTH: 2:46
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCD ABCD CD]

MOVE A: Both knees bent and lifted at 90 degrees. Alternate scooping the legs getting it as low as you can.

MOVE B: Alternate toe tap to the ground, straddle legs low, alternate knee lift back to center, straddle legs high.

MOVE C: Arms brace wide: slow 8 count knee circles without touching feet to the mat. Alternate directions.

MOVE D: Alternate twisting bicycle X4, tuck both knees into narrow arms X2.

MOVE	***LYRICS***	***REPS/CT***	***NOTES***
Intro	Instrumental	8 cts	
A	You saw me in a crowd	8x/16 cts	
B	No runnin' back track	4x/16 cts	
C	Air…Tell me why he ran away, Papa	4x/32 cts	
D	Instrumental	4x/32 cts	
A	Se kur me sheh me crown	8x/16 cts	
B	No runnin' back track	4x/16 cts	
C	Air…Tell me why he ran away, Papa	4x/32 cts	
D	Instrumental	4x/32 cts	
C	Aah	4x/32 cts	
D	Instrumental	4x/32 cts	

FUSE