

POLICEMAN

ARTIST: Natali Noor
TRACK LENGTH: 3:33
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCD ABCD CD]



MOVE A: One heel into the mat, opposite leg drives knee to chest then straight leg up. Alternate between knee and straight leg X8, then alternate.

MOVE B: Open one to the side then kick leg to the side with flexed heel X7, plant leg in center and open the other side. Alternate.

MOVE C: Legs up: plié down, tap toes to the mat, knees back to plié, straight legs up.

MOVE D: Hips up: circle right then left, hold up and pulse knees out X4.

MOVE	LYRICS	REPS/CT	NOTES
Intro	<i>In pursuit of suspect...</i>	16 cts	
A	Put your cuffs on me	2x/32 cts	
B	So put your body on my body I go	2x/32 cts	
C	I go Bombidibombidibombom yeah	8x/32 cts	
D	<i>Call the policeman...</i>	4x/32 cts	
A	Take a mugshot	2x/32 cts	
B	So put your body on my body I go	2x/32 cts	
C	I go Bombidibombidibombom yeah	8x/32 cts	
D	<i>Call the policeman...</i>	4x/32 cts	
C	Instrumental	8x/32 cts	
D	<i>Call the policeman...</i>	4x/32 cts	