

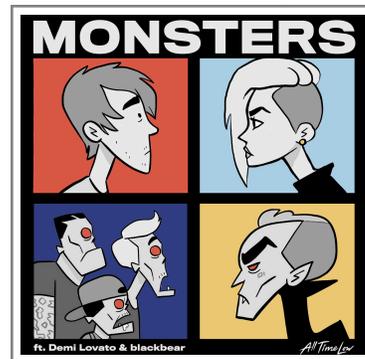
MONSTERS

ARTIST: All Time Low (feat. Demi Lovato & Blackbear)

TRACK LENGTH: 2:54

TRACK SPEED: 100 bpm | 0%

FORMULA: [AB ABC* BC]



MOVE A: On back with bent knees lifted at 90 degree angle & parallel to floor: Lift head off mat, arms straight with palms up and by sides. Alternate oblique reaches towards shoes X4, then lengthen body with legs & arms straight in opposite directions to a tuck in X2.

MOVE B: Plant feet on mat: full crunch all the way up and twist at the top. The knee lifts as you twist opposite elbow to meet the knee lift. Alternate knee lift at top.

MOVE C: In a “C” sit position: Russian twist with feet planted to the mat X16, feet hovering X16.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Why do all the monsters come out at night?	16 cts	
Intro2	<i>Beats</i>	4 cts	
A	Another day, 'nother headache in this hangover hotel	4x/32 cts	
B	I'm wondering why do all the monsters come out at night?	8x/32 cts	
A	I'm addicted to the way you hurt, the way you contradict me	4x/32 cts	
B	I'm wondering why do all the monsters come out at night?	8x/32 cts	
C	Thinkin' about you, you're in my head	1 round/32 cts	
Filler	<i>beats</i>	4 cts	
B	I'm wondering why do all the monsters come out at night?	8x/32 cts	
C	Instrumental	.5 rounds/16 cts	Try to hover feet the whole time.

