

RICOCHET

ARTIST: Alderyn (feat. Anna Graceman)

TRACK LENGTH: 2:59

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC ABC A*BC]



MOVE A: Dead bug: bent legs with feet parallel to the ground: straighten one leg as the opposite arm reaches overhead. Alternate.

MOVE B: Center crunch with hands behind head. One knee bent and other leg is straight at a 45 degree angle. Crunch X8 then alternate.

MOVE C: Small oblique crunches: arms at guard as you alternate elbows hip to hip X4, then reach for the shoes X4.

MOVE	LYRICS	REPS/CT	NOTES
A	Well I was walkin' for some time	8x/32 cts	
B	I don't know need a pick me up	2x/32 cts	
C	Oh, ricochet la la la di da di da	4x/32 cts	
A	I'm walking through cement	8x/32 cts	
B	I don't know need a pick me up	2x/32 cts	
C	Oh, ricochet la la la di da di da	2x/16 cts	
A	When I ricochet	8x/32 cts	
Filler	Music quiets	4 cts	Set up Move B
B	I don't know need a pick me up	2x/32 cts	
C	Oh, ricochet la la la di da di da	4x/32 cts	

