

DANCING FEET

ARTIST: Kygo (feat. DNCE)
TRACK LENGTH: 3:35
TRACK SPEED: 100 bpm | 0%



FORMULA: [ABCD ABCD BCD]

MOVE A: Lift and lower bent leg to the ceiling.

MOVE B: Isometric bent leg hold & pulse.

MOVE C: Rainbow straight leg side to side, kick to the side X2.

MOVE D: Straight leg lift, ham curl, straight leg, tap down.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	Spin you around on the chandeliers	8x/32 cts	Right leg
B	Don't need drama	8x/16 cts	Right leg
C	'Cause these dancing feet don't cry to the rhythm they cry for you	4x/32 cts	Right leg
D	Dancing feet, feet, feet, feet	8x/32 cts	Right leg
A	Tell me who do I call when I lose my mind?	8x/32 cts	Left leg
B	Don't need drama	8x/16 cts	Left leg
C	'Cause these dancing feet don't cry to the rhythm they cry for you	4x/32 cts	Left leg
D	Dancing feet, feet, feet, feet	8x/32 cts	Left leg
B	Da-da-da-da-dancing feet	16x/32 cts	Right leg X8; Left leg X8
C	'Cause these dancing feet don't cry to the rhythm they cry for you	4x/32 cts	Right leg X2; Left leg X2
D	Dancing feet, feet, feet, feet	16x/64 cts	Right leg X8; Left leg X8