

LOONEY GOONS

ARTIST: Floyd Wonder

TRACK LENGTH: 2:11

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCD ABCD]

MOVE A: Alternate straight leg up and knee in with a crunch every movement. Repeat 8x then alternate.

MOVE B: Crunch position with feet on the floor as you pilates pulse straight arms your sides with the beat.

MOVE C: Bent knee oblique crunch as opposite elbow comes to knee. Repeat 4x then alternate.

MOVE D: In crunch position; alternate reach to heels.



MOVE	LYRICS	REPS/CT	NOTES
INTRO	Instrumental	40 cts	
A	Uh, it's a block party in Manila	2x/64 cts	
B	Quick instrumental	16x/16 cts	
C	This is what I do	2x/32 cts	
D	Do...Instrumental	4x/4 cts	
A	Uh, and looney loons are for looney goons	2x/64 cts	
B	Quick instrumental	16x/16 cts	
C	This is what I do	2x/32 cts	
D	Do...Instrumental	4x/4 cts	