

# JINGLE JANGLE

**ARTIST:** Dimitri Syde, Charlie Cosmic, Daniel Larusso & Samantha Blanchard

**TRACK LENGTH:** 2:11

**TRACK SPEED:** 100 bpm | 0%

## FORMULA: [ABCD ABCD]

**MOVE A:** Tall knees with alternating side reach with palms forward.

**MOVE B:** Plank jack to single mountain climber. Alternate knee.

**MOVE C:** Alternating knee taps in high plank.

**MOVE D:** Alternate shoulder tap X2, army crawl X1 (alternate elbows to low plank then alternate to high plank).



MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	Dashing through the snow	16x/32 cts	
B	Let me get that jingle jangle	8x/32 cts	
C	Let me ring that jingle bell	32x/32 cts	
D	Jingle bells, jingle bells, jingle all the way	4x/32 cts	
A	Got me up in the sleigh like what	16x/32 cts	
B	Jingle bells, jingle bells	8x/32 cts	
C	Dashing through the snow	32x/32 cts	
D	Jingle bells, jingle bells, jingle all the way	4x/32 cts	