

EVERYTHING BUT YOU

ARTIST: Clean Bandit (feat. A7S)

TRACK LENGTH: 3:18

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABCD ABCD ACD]



MOVE A: Single leg hip thrust X4 then alternate. Put one ankle on top of the other knee during hip thrust.

MOVE B: Lift heels and pulse the top 1/4 of the hip thrust.

MOVE C: Lift heels and hold hips up; open and close legs slow, then speed up the pulse. See “Notes” for

MOVE D: Hips stay up high; sway hips side to side X4, alternate diagonal hip thrust slow X2.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	Oh, my heart needs some headspace	2x/32 cts	
B	You take me to a place only we know	16x/32 cts	
C	'Cause darling when we pull close	8x/32 cts	
C2	'Cause nothing even matters	16x/32 cts	
D	You... <i>instrumental</i>	4x/32 cts	
A	I'm so tired of the hollow	2x/32 cts	
B	You take me to a place only we know	16x/32 cts	
C	'Cause darling when we pull close	8x/32 cts	
C2	'Cause nothing even matters	16x/32 cts	
D	You... <i>instrumental</i>	2x/16 cts	
A	If I lose, if I'm losing myself tonight	2x/32 cts	
C2	'Cause darling when we pull close	16x/32 cts	Quick only
D	You... <i>instrumental</i>	4x/32 cts	