

ROOTS

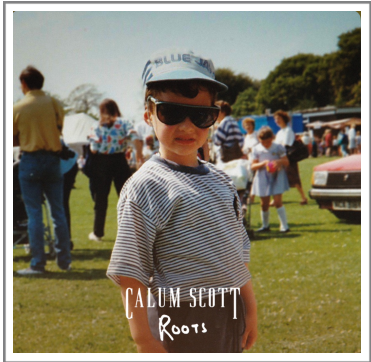
ARTIST: Calum Scott
TRACK LENGTH: 2:43
TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC ABC BC]

MOVE A: Walk feet to opposite hands, walk back to a plank, plank hold with hip circle. Alternate.

MOVE B: Plank hold with alternating shoulder taps.

MOVE C: Double knee dip X4, alternate single knee dips X8.



MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	Sunshine on my mind	4x/32 cts	
B	And I	8x/16 cts	
C	Roots...Like a dizzy summer bloom	4x/64 cts	
A	Time flies oh my days	4x/32 cts	
B	And I	8x/16 cts	
C	Roots...Like a dizzy summer bloom	4x/64 cts	
B	And I	8x/16 cts	
C	Roots...Like a dizzy summer bloom	4x/64 cts	

