



Lesson 9 Choreography Notes ©

Way Down We Go 162bpm ~ Warm Up

Time	Lyrics	Move	Counts
:00	<i>Oh father tell me</i>	Easy sit	32
:21	<i>And way down we go</i>	Deep breathing	32
:44	<i>You let your feet</i>	Cat Cow DD Table Combo x4	32
1:10	<i>Run you down</i>	Tempo DD Crouches x16, hop in	32
1:35	<i>...go</i>	Chair alt. Eagle Arms	32
1:57	<i>instrumental</i>	4x 2/2 Rev Lunges alt., 2x Add Lunge/Pyramid Combo, 4x Triple Combo	96
3:07	<i>...go</i>	Chair alt. Eagle Arms	32

Kiss Me 118bpm ~ SS1

Time	Lyrics	Move	Counts
:08	<i>Kiss me</i>	SS to Locus	32
:24	<i>Kiss me</i>	SLDD Hip Circles x4	32
:41	<i>So Kiss me</i>	Knee to Nose x4	32
1:00	<i>Kiss me</i>	SS to Cobra	32
1:15	<i>Kiss me</i>	SLDD Hip Circles x4	32
1:31	<i>So Kiss me</i>	Knee to Nose x4	32
1:47	<i>So Kiss me</i>	SS to UD	32
2:02	<i>Kiss me</i>	SS to UD	32

Vertigo 135bpm ~ Lift 1

Time	Lyrics	Move	Counts
:05	<i>...hands are sweaty</i>	Squats x8	32
:19	<i>The sounds</i>	Lateral Raise x8	32
:31	<i>All I can feel is</i>	transition	20
:42	<i>Chorus</i>	Push-ups x8	32
:57		transition	8
1:00	<i>face seems deadly</i>	Squats x8 =32	32
1:16	<i>My head keeps poundin'</i>	Lateral Raise x8	32
1:31	<i>All I can feel is</i>	transition	20
1:39	<i>Chorus</i>	Push-ups x16	64
2:06		transition	8
2:10	<i>Caught inside of</i>	2/2 Split Raise x6	8
2:34	<i>Chorus</i>	Push-ups x16	64

A Little Wicked 156bpm ~ Lift 2

Time	Lyrics	Move	Counts
:16	<i>No one calls you</i>	2/2 Biceps x8	64
:41	<i>One of these days</i>	Scap Retract x8 (+ extra 4 counts to set up next move)	64
1:08	<i>Chorus</i>	Triple Reverse Flye Triple Kickback combo x2	64
1:31	<i>No one calls you</i>	Biceps Scap Retract combo x4	64
1:57	<i>Chorus</i>	Triple Reverse Flye Triple Kickback combo x2	64
2:18		transition (unhinge)	8
2:24	<i>As I lay</i>	Deadlift Split Raise alt x2	64
2:50	<i>Chorus</i>	Triple Reverse Flye Triple Kickback combo x2 (cheat last rep)	64
3:13	<i>No one calls you</i>	Deadlift Split Raise alt. x1	32

Brittle 146bpm ~ HIIT 1

Time	Lyrics	Move	Counts
:13	<i>I'm rough around</i>	Easy Jump Rope	64
:39	<i>They call me</i>	Jacks	32
:52	<i>(Beat drop)</i>	Burpees x4	32
1:06	<i>If I get defensive</i>	Easy Jump Rope	64
1:32	<i>They call me</i>	Jacks	32
1:45	<i>(Beat drop)</i>	Burpees x4	32
1:58	<i>...I tell myself</i>	Easy Jump Rope	64 (+ 8 at the start)
2:30	<i>They call me</i>	Jacks (+ 4 at the beginning, just do 2 extra jacks)	64+ 4
2:58	<i>(Beat drop)</i>	Burpees x4 (+4 counts at start. just do 2 extra jacks and hit the Burpee on time)	32+ 4
3:11	Recover		16

Ladylike 96bpm ~ SS 2

Time	Lyrics	Move	Counts
:11	<i>I drink tequila</i>	SS UD	32
:30	<i>Controversial</i>	Wide Runners, Twist, Wide Runners, SLDD R	16
:41	<i>Chorus</i>	Signature Flow to pulsing W2	44
1:04	<i>Sometimes I forget</i>	SS to UD	32
1:21	<i>Controversial</i>	Wide Runners, Twist, Wide Runners, SLDD L	16
1:36	<i>Chorus</i>	Signature WARRIOR Flow to pulsing W2	44
1:57	<i>...mmm</i>	Reset and Straddle	16
2:04	<i>Controversial</i>	Circles x2	16
2:17	<i>Chorus</i>	Moon Sals R, L	64
2:57	<i>(Outro)</i>	2x Goddess	16

Rise Up 129bpm (start: 08)

Hold Me Like You Used To 127bpm (Tip: start immediately at :00 & cheat the first full 32)

Pattern: 32x1, 16x2, 8x4 ~ **Build A R/L**

Moves	Off the Floor Modifications
Extended Right Angle	Supported Right Angle
Triangle	Triangle
W2 Flow	W2 Flow
Exalted Triangle/Rev Warrior	Exalted Triangle/Rev Warrior

Bad Habits 126bpm (start :26)

Lose Control 3:47 128 (Start :19)

Pattern: 32x1, 16x2, 8x4 ~ **Build B R/L**

Moves	Off the Floor Modifications
Wide Straddle	Supported Wide Straddle
Sweep Low	Shoulder Drop
Walk to Plank and Roll up	Reach
Goddess	Goddess

Giants ~ SS 3

Time	Lyrics	Move	Counts
:02	<i>Fight</i>	SS to SLDD R	48
:24	<i>da dah</i>	SLDD tempo Lifts R x7	32
:36	<i>Chorus</i>	Signature WARRIOR Flow to W2 Bow and Arrow	64
:59		reset	4
1:01	<i>Heaven and hell</i>	SS to SLDD L	48
1:25	<i>da dah</i>	SLDD tempo Lifts L X7	32
1:35	<i>Chorus</i>	Signature WARRIOR Flow to W2 Bow and Arrow	64
1:58	<i>My name Chair</i>	Eagle arms alt	32
2:21		reset	16
2:26	<i>GIANTS</i>	Burpees x8	64

Elevate 146bpm 3:12 ~ HIIT 2

Time	Lyrics	Move	Counts
:00	<i>Woah lift me</i>	Set up	32
:13	<i>I swear to God</i>	Squat Front Kick R	32
:26	<i>Woah I was dead</i>	Jabs alt	32
:40	<i>Cuz I need something</i>	Lateral Leap	64
1:06	<i>...elevate</i>	add Vertical	64
1:32	<i>I know they say</i>	Jacks or Squat Front Kick L	32
1:47	<i>Woah ya Im checkin'</i>	Jabs alt	32
1:59	<i>I need something</i>	Lateral Leap	64
2:26	<i>...elevate</i>	add Vertical	64
2:53	<i>(outro)</i>	Jabs alt	32

More Than Love 120bpm ~ Flow (start :00)

Pattern: 16x1, 8x3 R; 16x1, 8x3 L

Flow:	Flow - Off the Floor:
Extended Right Angle	Right Angle
Triangle	Triangle
W2 Flow	W2 Flow
Exalted Triangle, Rev. Warrior	Exalted Triangle, Rev. Warrior
Wide Straddle	Wide (supported) Straddle
Sweep Low	Shoulder Drop
Walf to Plank & roll up	Reach & roll up
Goddess	Goddess

NDA 86bpm ~ Booty (band optional)

Time	Lyrics	Move	Counts
:10	<i>Did you think</i>	Tabletop Hip Ext R x8	64
:33	<i>instra.yeah I made him</i>	Hamstring Curl Glute Lift R x4	64
:55	<i>You couldn't save me</i>	Straight leg doubletime pulses R	50
1:19		transition	32
1:30	<i>30 under 30</i>	Tabletop Hip Ext L	64
1:52	<i>instra..i want it now</i>	Hamstring Curl Glute Lift L	64
2:14	<i>You couldn't save me</i>	Straight leg doubletime pulses L	50
2:35	<i>Did I take it too far</i>	Plank Jack to DD	112

Every Breath You Take ~ Cool Down