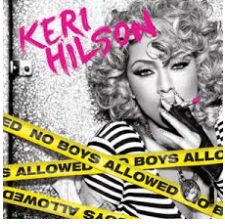
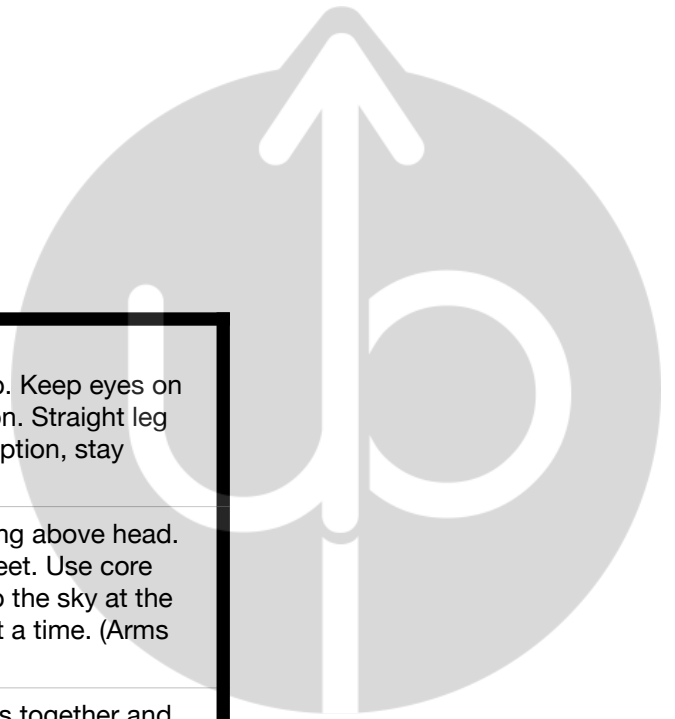


PRETTY GIRL ROCK by KERI HILSON

4:03 **ROLL UP**



Learn Level			
Burn Level			



1	Single leg jackknife, alternating legs. Ensure heels come together with heels turned out at the top. Keep eyes on the elbow on the floor as you rotate to ensure proper rotation. Straight leg drops to hip level (parallel with the floor), or for a modified option, stay higher. See notes for reps.
2	Pilates-like roll up. Inhale to prepare, arms straight and strong above head. Legs are straight (calves are glued to the floor) with flexed feet. Use core muscles to roll up in a slow and controlled motion. Reach to the sky at the top as you exhale. Lower back down slowly, one vertebra at a time. (Arms still extended.) 4 cts up, 4 cts down.
3	Seated on booty, lean back to contraction point, knit the ribs together and rotate oblique leans (single single double) tapping alternating elbows toward the floor.

Quick Look	1123 123 23
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MOVE	LYRICS	REPS/ COUNTS	NOTES
Intro	Uh, uh uh uh ah...	16 cts	Roll down slowly one vertebra at a time
1	My name is Keri, I'm so very...	8x / 32 cts	
1	My name is Keri, I'm so very...	16x / 32 cts	Up to tempo
2	All eyes on me when I walk in...	4x / 32 cts	
3	Aye now, do the pretty girl rock rock...	8x / 32 cts	
1	If you're looking for me you can...	32 cts	Half time first 4x then up to tempo 8x
2	All eyes on me when I walk in...	4x / 32 cts	
3	Do the pretty girl rock rock...	8x / 32 cts	
2	Sing it with me now...	4x / 32 cts	
3	All eyes on me when I walk in...	8x / 32 cts	
Outro	Instrumental	16 cts	One big slow and controlled roll down and back up