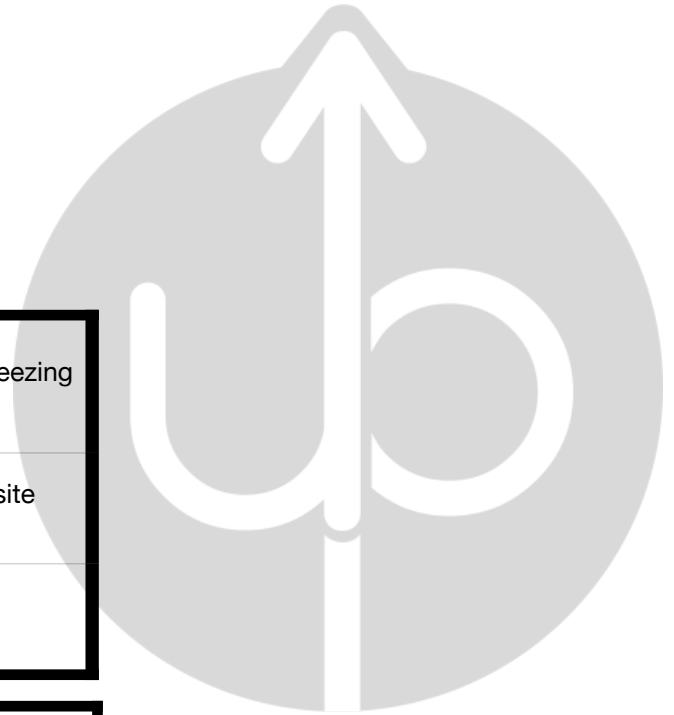


LIL BOO THANG by PAUL RUSSELL

1:54 **PRONE**



Learn Level			
Burn Level			



1	With finger tips at the back of the head, elbows wide and squeezing shoulder blades together, raise chest and legs off the mat.
2	Perform slow swimmers, extend arms out in front, raise opposite arm as leg, 2x, Speed up swimmers to tempo, 4x.
3	Still in prone position, lift chest off the mat, rainbow arm back toward leg then return in to front. Alternate sides.

Quick Look	123 123 1
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MOVE	LYRICS	REPS/ COUNTS	NOTES
Intro	Let me tell you...	8 cts	
1	You my lil' boo thang...	8x / 32 cts	
2	Put a lil' gold in the teeth...	4x / 32 cts	
3	Baby girl, what's good, what's with ya?	8x / 32 cts	
1	You my lil' boo thang...	8x / 32 cts	
2	Hey, girl you got me...	4x / 32 cts	
3	Oh, ooh-oh, you got the best of my love...	4x / 16 cts	
1	You my lil' boo thang...	8x / 32 cts	