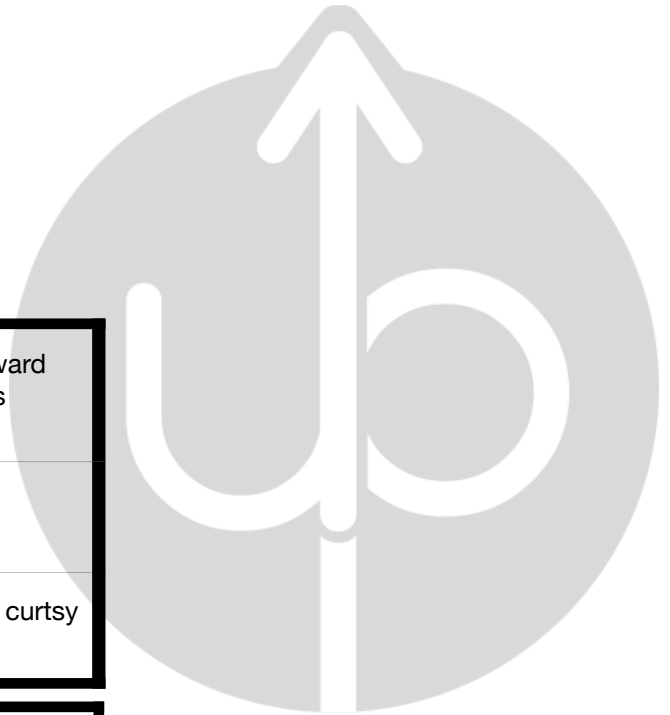


ALL AROUND THE WORLD (LA LA LA) by R3HAB, A TOUCH OF CLASS

2:27 **STANDING CORE**



Learn Level			
Burn Level			



1	Narrow squat, alternate knee lifts while upper body twists toward the lifted knee, return to squat then press to stand with hands driving straight overhead.
2	Double squat with alternating upper cut.
3	Narrow squat with double arm to hip crunch, then alternating curtsy lunge with an oblique crunch toward the back leg.

Quick Look	123 123 1
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MOVE	LYRICS	REPS/ COUNTS	NOTES
Intro	Instrumental	16 cts	
1	The kisses of the sun...	8x / 64 cts	
2	La la la la la...	8x / 32 cts	
3	Instrumental (It's all around the world...)	8x / 32 cts	
1	'Cause now the night is gone...	8x / 64 cts	
2	Jus la la la la...	8x / 32 cts	
3	Jus la la la la...	8x / 32 cts	
1	Instrumental (It's all around the world...)	4x / 32 cts	