

THERE IT IS

ARTIST: Pitbull

TRACK LENGTH: 2:01

TRACK SPEED: 100 bpm | 0%

FORMULA: [AB ABC ABC]



MOVE A: Plank: outside knee circle, alternate crossing knee X2. Alternate circling knee.

MOVE B: Plank: push back and sit booty back on “whoop” back into plank.

MOVE C: Plank: alternating mountain climbers.

MOVE	LYRICS	REPS/CT	NOTES
Intro/A	It's Mr. Worldwide	4x/32 cts	Catch move A when you can
B	Whoop there it is	8x/32 cts	
A	Oh boy there he go again	6x/48 cts	
B	Whoop there it is	8x/32 cts	
C	Chocolate, chocolate	32x/32 cts	
A	Do my sexy ladies run it?	4x/32 cts	
B	Whoop there it is	8x/32 cts	
C	Chocolate, chocolate	32x/32 cts	

