

# YES I'M A MESS

**ARTIST:** AJR  
**TRACK LENGTH:** 2:45  
**TRACK SPEED:** 100 bpm | 0%



## FORMULA: [AB\*C AB\*C B\*C]

**MOVE A:** Rainbow one foot over the stationary leg X8. Alternate.

**MOVE B:** Oblique knee (towards elbow), center knee. Repeat 4x, then alternate.

**MOVE C:** Push back into a downward dog for 4 slow counts then slowly lower into the plank for 4 counts.

MOVE	LYRICS	REPS/CT	NOTES
Intro	<i>Whistling</i>	16 cts	Set them up in a plank
A	I leave my house at 3 o' clock	2x/32 cts	
B	Yes, I'm a mess with an S on my chest	2x/32 cts	
Filler	I like myself like this	2 cts	Plank hold
C	<i>Whistling</i>	2x/16 cts	
A	Why should I fix the *** I've done	2x/32 cts	
B	Yes, I'm a mess with an S on my chest	2x/32 cts	
Filler	I like myself like this	2 cts	
C	<i>Whistling</i>	2x/16 cts	
B	Yes, I'm a mess with an S on my chest	2x/32 cts	
Filler	I like myself like this	7 cts	
C	<i>Instrumental</i>	2.5x/20 cts	Keep going until music stops