



ARTIST: Jonas Brothers (feat. KAROL G)

TRACK LENGTH: 3:05

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC* ABCD BC]



MOVE A: Create a figure “4” with the legs (leg bent with ankles touching). Glute lift to the back then return to start. Hands on hips.

MOVE B: Same leg position as Move A with arms in a “T” and palms facing side walls. Pulse the glute lift.

MOVE C: Alternate squat walk wide X2, narrow X2, pulse knees outward X2 while in the narrow squat. Stick to the same side as the glute lift.

MOVE D: In a narrow squat stance, slowly alternate side tap with pointed toe.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Instrumental	16 cts	
A	Ooh la la by the pool we're singing "Bailando"	8x/32 cts	Right Leg
B	Oh, watching her move, I was lost in the rhythms	16x/32 cts	Right Leg
C	She said "Ooh, ooh, ooh"	4x/32 cts	Right Leg lead
Filler	Instrumental....yeah yeah yeah	8x/16 cts	Hold low narrow squat & pulse knees outwards
A	Ooh la la make a move, yeah, baby by last call	8x/32 cts	Left Leg
B	Oh, watching her move, I was lost in the rhythms	16x/32 cts	Left Leg
C	She said "Ooh, ooh, ooh"	4x/32 cts	Left leg lead
D	Caliente, te pongo caliente (mmm)	8x/32 cts	
B	Toda la noche bailando contigo	16x/32 cts	8 right leg/8 left leg
C	She said "Ooh, ooh, ooh"	8x/64 cts	4 right start/4 left start

