

TITANS

ARTIST: Major Lazer
TRACK LENGTH: 3:19
TRACK SPEED: 98 bpm | 2%



FORMULA: [ABC ABCD BC]

MOVE A: Squeeze glutes to lift knees off floor with toes pointed: bend one leg to 90 degrees one at a time meeting in the middle, then straighten the legs one at a time to the starting position. Complete 4 rounds with one leg starting, then 4 rounds with opposite legs starting.

MOVE B: Same starting position as Move A; bend both legs to 90 degrees at the same time, open knees pulling band apart, close knees, straighten legs to starting position.

MOVE C: Alternate straight leg double glute lift kick X8, change to alternating single glute lift kick.

MOVE D: Straight legs with flexed feet: side tap X8 on each side keeping one leg stationary. Alternate.

MOVE	LYRICS	REPS/CT	NOTES
Intro	Ooh, ooh	16 cts	
A	Hey-hey-hey, I drop it's like its hot on to this floor woah	1 round/32 cts	8x total
B	Hey-hey-hey, we are the titans, yeah-yeah-yeah	8x/32 cts	
C	Ti-ti-ti, ti-ti-ti-ti	1 round/32 cts	
A	Hey-ey-ey, Got them record spinning 'til we dizzay-ay-ay	1 round/32 cts	8x total
B	Hey-hey-hey, we are the titans, yeah-yeah-yeah	8x/32 cts	
C	Ti-ti-ti, ti-ti-ti-ti	1 round/32 cts	
D	Oh, oh, Oh-oh-oh	2x/32 cts	
B	Hey-hey-hey, we are the titans, yeah-yeah-yeah	8x/32 cts	
C	Ti-ti-ti, ti-ti-ti-ti	1 round/32 cts	