

Calling Meh - Destra

TC	Song Part	Choreography	Reps
0:00	Intro	Small hops	
0:08	A	Arms down to each side by knee to target abs - small bounce in knees	
0:17	B	Arms out to sides with small bounce in knees with core engaged	
0:22	C	Arms bent side to side with small toe tap Transition to arms diagonal and up	
0:38	D	Abs side to side with high knee up	
0:54	E	Arms bent and sway side to side into 3 standing crunches	4x
1:10	A	Arms down to each side by knee to target abs - small bounce in knees	
1:14	B	Arms out to sides with small bounce in knees with core engaged	
1:25	C	Arms bent side to side with small toe tap Transition to arms diagonal and up	
1:40	D	Abs side to side with high knee up	
1:56	E	Arms bent and sway side to side into 3 standing crunches	4x
2:11	A	Arms down to each side by knee to target abs - small bounce in knees	
2:20	B	Arms out to sides with small bounce in knees with core engaged	
2:29	D	Abs side to side with high knee up	
2:45	A	Arms down to each side by knee arms out	
2:53	B	Arms out to sides with small bounce in knees with core engaged	
3:00	E	Arms bent and sway side to side into 3 standing crunches	4x