

## Hey Baby - Bruce Channel

TC	Song Part	Choreography	Reps
0:00	Intro	Small hip sway with bended knees	
0:30	A	Small, quick baby sumo squats (modification, do them at 1/2 speed)	15x
0:44	B	Deep squats in the center	8x
1:00	A	Small hip sway adding in shoulders (modification, Small quick baby sumo squats)	
1:14	B	Left lunge with running arms	8x
1:29	A	Small, quick baby sumo squats (modification, do them at 1/2 speed)	15x
1:44	B	Right lunge with running arms	8x
1:59	A	Small, quick baby sumo squats until the end (modification, do them at 1/2 speed)	