

Like It Like That - Kes, Patrice Roberts

TC	Song Part	Choreography	Reps
0:00	Intro	Hip sway side to side with flowy arms	
0:17	A	Walk forward with hip sway to each side (8 steps) Glute lunges 4x Walk backwards with hip sway to each side (8 steps) Glute lunges 4x	
0:35	B	Step close to far on right side and hop when switching directions Step close to far on left side Repeat both sides	
0:44	C	Hip thrusts side to side into Jump Squats	
0:53	D	Sumo squats	8x
1:02	D-2	Deep squats	8x
1:11	A	Walk forward with hip sway to each side (8 steps) Glute lunges 4x Walk backwards with hip sway to each side (8 steps) Glute lunges 4x	
1:29	B	Step close to far on right side and hop when switching directions Step close to far on left side Repeat both sides	
1:38	C	Hip thrusts side to side into Jump Squats	
1:47	D	Sumo squats	8x
1:55	D-2	Deep squats	8x
2:04	A	Walk forward with hip sway to each side (8 steps) Glute lunges 4x Walk backwards with hip sway to each side (8 steps) Glute lunges 4x	
2:22	B	Step close to far on right side and hop when switching directions Step close to far on left side Repeat both sides	
2:31	C	Hip thrusts side to side into Jump Squats	
2:40	D	Sumo squats	8x
2:48	D-2	Deep squats	8x
2:57	A	Walk forward with hip sway to each side (8 steps) Glute lunges 4x Walk backwards with hip sway to each side (8 steps) Glute lunges 4x	