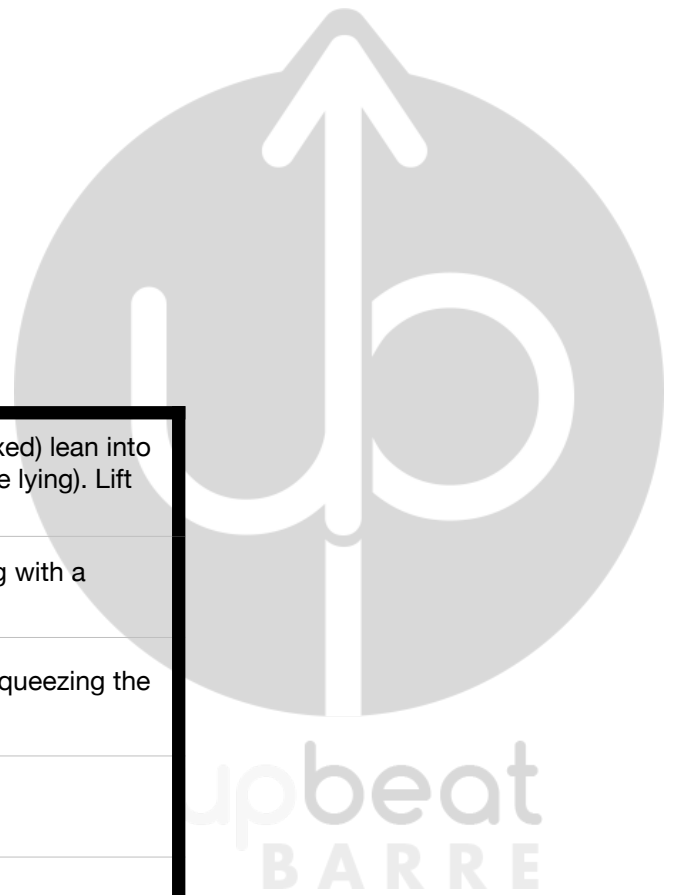


SMILE by KATY PERRY

2:46 **BARRE** (BOOTY/THIGHS) **BALL**



Learn Level			
Burn Level			



1	With the leg at a 90 degree angle holding the ball, (foot is flexed) lean into the barre and lift the leg to hip height. Hips open to front (side lying). Lift and lower slightly.
2	Holding the leg at hip height, squeeze the ball (into hamstring with a flexed foot) slow 8x, fast 16x.
3	Combo move: lift the leg up, down, then push the leg back squeezing the ball and creating resistances as you push..
4	Holding the leg at hip height, dip the knee.
5	Ball squeeze (pulse)

Quick Look	12345 - 12345
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MOVE	LYRICS	REPS/ COUNTS	NOTES
Intro	Energetic Beat	8 cts	
1	Yeah I'm thankful...	16x / 32 cts	
2	Everyday, groundhog day...	1 round / 32 cts	
3	Yeah I'm thankful...	8x / 32 cts	
4	I'm 2.0, remodeled...	8x / 16 cts	
5	Now I gotta smile like Lionel Richie...	8x/ 8 cts	
Filler	Trying to stay alive...	8 cts	Switch sides
1	Yeah I'm thankful...	16x / 32 cts	
2	Faded instrumental (I'm so thankful)...	1 round / 32 cts	
3	Yeah I'm thankful...	8x / 32 cts	
4	Instrumental (I'm so thankful)...	8x / 16 cts	
5	Instrumental continues...	16x/ 16 cts	Note rep changes