



GO TELL IT ON THE MOUNTAIN

For KING & COUNTRY, Gabby Barrett

Format: Cardio, ROTM, pre cool-down

Length: 3:38

Instructor: Shannon McCord

Intro

Side reaches L/R X8

Chorus

Wide center sumo, cross behind side crunch L/R X8

Verse

Arms in circle twist to L, side knee raise L

X4

Chorus

Wide center sumo, cross behind side crunch L/R X8

Side reaches L/R X8

Ankle reaches L/R X8

Verse

Arms in circle twist to R, side knee raise R

X4

Chorus

Wide center sumo, cross behind side crunch L/R X8

Side reaches L/R X8

Ankle reaches L/R X8

Verse

Arms in circle twist to L, side knee raise L

X2

Arms in circle twist to R, side knee raise R

X2

Chorus

Wide center sumo, cross behind side crunch L/R X16

Side reaches L/R X8

Ankle reaches L/R X8



