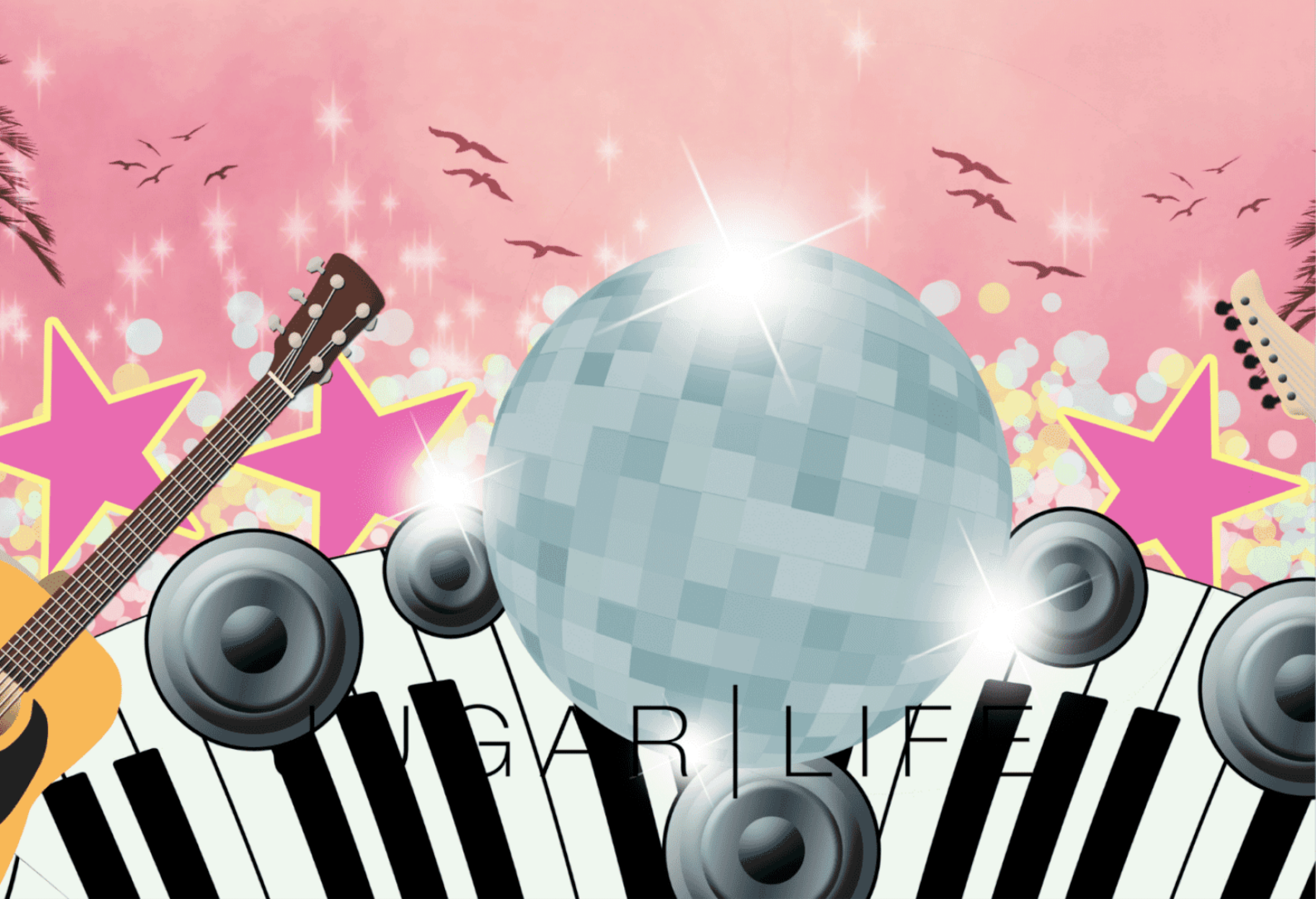


# THE POLICE

## Roxanne



SUGAR | LIFE

# THE POLICE - ROXANNE

## Instructions

- A. This is a great song that offers two different options for advanced and intermediate.
  - B. Advanced – Clients start in the plank position, when they hear 'Roxanne' they perform a push-up. Then when they hear 'Red Light', they perform a squat thruster. Once they have completed the squat thruster, they simply go back into the plank position. This is a great option and is very challenging in the chorus.
  - C. Intermediate – Clients start in the plank position, when they hear 'Roxanne' they perform a squat thruster and then go back into the plank position.
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