

Insyderz Shuffle

The Insyderz

You start by swinging those arms to beat Feel the rhythm move through your body to your feet Touch your elbow to the opposite knee Add a little bounce and then repeat Add a little jab two times to the left Add a little jab two times to the right Stack those fists build them up real high

Bring em back down, We can do it all night!

Ladies get a twist going in those hips Roll those eyes and pout those lips Bend the elbows but leave the wrists limp Feel that groove moving and add a little dip Every few times add a chicken wing or two That's all a rude girls got to do To own the dance floor and have a good time The Rude Girl Twist works every time.