

## "Watch Me (Whip / Nae Nae)" Cardio Drumming

You already know who it is

Silentó

Silentó

Silentó

Gonna do it for me

Now watch me whip (Kill it!)

Now watch me nae nae (Okay!)

Now watch me whip whip

Watch me nae nae (Want me do it?)

Touch one stick to the ball

Nae Nae

Touch both sticks to the ball

Nae Nae

Now watch me whip (Kill it!)

Watch me nae nae (Okay!)

Now watch me whip whip

Watch me nae nae (Can you do it?)

Touch one stick to the ball

Nae Nae

Touch both sticks to the ball

Nae Nae

Now watch me

Ooh watch me, watch me

Ooh watch me, watch me

Ooh watch me, watch me

Ooh ooh ooh ooh

Circle around the ball clockwise while tapping the ball.

Ooh watch me, watch me

Ooh watch me, watch me

Ooh watch me, watch me

Ooh ooh ooh ooh

Reverse and circle around the ball counter-clockwise while tapping the ball

[x2:]

Do the stanky leg (stank)

Do the stanky leg (stank stank)

Do the stanky leg (stank)

Do the stanky leg (stank stank)

Hit the ball while moving leg. Switch Repeat. Repeat.

Now break your legs (break 'em, break 'em)

Break your legs (break 'em dog)

Tell 'em "break your legs" (break 'em, break 'em)

Break your legs (break 'em dog)

Tell 'em "break your legs" (break 'em, break 'em)

Break your legs (break 'em dog)

Hit the ball with both sticks then cross sticks while moving. Repeat. Repeat.

Tell 'em "break your legs" (break 'em, break 'em)  
Break your legs (break 'em dog)

Now watch me  
Bop bop bop bop bop bop bop bop  
Now watch me  
Bop bop bop bop bop bop bop bop

Alternate hitting right and left while  
kicking corresponding leg.

Now watch me whip (Kill it!)  
Now watch me nae nae (Okay!)  
Now watch me whip whip  
Watch me nae nae (Want me do it?)

Touch one stick to the ball  
Nae Nae  
Touch both sticks to the ball  
Nae Nae

Now watch me whip (Kill it!)  
Watch me nae nae (Okay!)  
Now watch me whip whip  
Watch me nae nae (Can you do it?)

Touch one stick to the ball  
Nae Nae  
Touch both sticks to the ball  
Nae Nae

Now watch me

Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh ooh ooh ooh

Circle around the ball clockwise while  
tapping the ball.

Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh ooh ooh ooh

Reverse and circle around the ball  
counter-clockwise while tapping the ball

Now watch me yule (Soulja)  
Now watch me superman (okay!)  
Now watch me yule (Soulja)  
Now watch me superman (okay!)

Hit both sticks fast.  
Superman Pose  
Hit both sticks fast.  
Superman Pose

Now watch me yule (Soulja)  
Now watch me superman (okay!)  
Now watch me yule (Soulja)  
Now watch me superman (okay!)

Hit both sticks fast.  
Superman Pose  
Hit both sticks fast.  
Superman Pose

Now watch me duff, duff, duff, duff, duff, duff, duff, duff (Hold on)  
Now watch me duff, duff, duff, duff, duff, duff, duff, duff

Alternate hitting and  
kicking opposite leg

Now watch me  
Bop bop bop bop bop bop bop bop  
Now watch me  
Bop bop bop bop bop bop bop bop

Alternate hitting right and left while  
kicking corresponding leg.

Now watch me whip (Kill it!)  
Now watch me nae nae (Okay!)  
Now watch me whip whip  
Watch me nae nae (Want me do it?)

Touch one stick to the ball  
Nae Nae  
Touch both sticks to the ball  
Nae Nae

Now watch me whip (Kill it!)  
Watch me nae nae (Okay!)  
Now watch me whip whip  
Watch me nae nae (Can you do it?)

Touch one stick to the ball  
Nae Nae  
Touch both sticks to the ball  
Nae Nae

Now watch me

Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh ooh ooh ooh

Circle around the ball clockwise while  
tapping the ball.

Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh watch me, watch me  
Ooh ooh ooh ooh

Reverse and circle around the ball  
counter-clockwise while tapping the ball

Crank dat