

WARM UP ROUTINE



MOVEMENT	COUNT	BLOCK
WALK FORWARD, RIGHT, LEFT, RIGHT, TOUCH LEFT REPEAT GOING BACK ON THE LEFT	1 2 3 4 5 6 7 8	1
STEP RIGHT, CLOSE LEFT, STEP RIGHT, TOUCH LEFT REPEAT TO THE LEFT	1 2 3 4 5 6 7 8	2
SLIDE RIGHT, CLOSE LEFT, SLIDE RIGHT, TOUCH LEFT REPEAT TO THE LEFT	1 2 3 4 5 6 7 8	3
JUMP IN, JUMP OUT, PAUSE, PAUSE REPEAT	1 2 3 4 5 6 7 8	4
STEP RIGHT, HIT (HEY!), STEP LEFT, HIT (HEY!) REPEAT	1 2 3 4 5 6 7 8	5
BOUNCE RIGHT, RIGHT, LEFT, LEFT BOUNCE RIGHT, LEFT, RIGHT, LEFT	1 2 3 4 5 6 7 8	6
STEP RIGHT, CLOSE LEFT, STEP RIGHT, KNEE CRUNCH LEFT REPEAT TO THE LEFT	1 2 3 4 5 6 7 8	7
STEP RIGHT, CONTRACT CHEST REPEAT TO THE LEFT	1 2 3 4 5 6 7 8	8

**MUSIC CAN BE CHOSEN TO SUIT THE PREFERENCES OF YOU AND YOUR GROUP
ENSURE THE MUSIC USED IS SUITABLE FOR THE AGE GROUP AND HAS A
CORRECT TEMPO (110-120 BMP IS A GOOD STEADY TEMPO FOR A WARM UP)**

**REMEMBER!
TEACH YOUR WARM UP CHOREOGRAPHY STEP BY STEP**