

I Like to Move it

Beats/Phrases/block 16 Beats = 1 phrase 32 Beats =2 phrases = 1 block	Theme	Choreography	Teaching Points
16 Beats	Introduction	Crouch bounce x 8	Hands flat on the floor, crouch into get set position, bounce x 8 and then stand up
8 Beats 8 Beats 16 Beats 16 beats	Chorus	Jumping twists x 8 Spotted Dogs x 8 Bum kicks x 8 Disco x 4	Arms at shoulder height, jump and twist to each side. Arms opposite direction to knees Opposite arms to legs, One arm out stretched to the front, opposite leg stretched out behind – split stance. Jump to swap sides Standing with feet hip width apart arms at chest height. Pull arms in to chest and at same time bring a heel to your bum on one side and the repeat on the other side Arm out stretched and Point to the sky x 2 and then lean over with roly poly hands to the opposite side add a little bounce and get down low
32 Beats	Transition	Skips x 8 Skip and Clap x 8 Skips x 8 Skip and Clap x 8	March on the spot, add a little hop and then add your arms Add a clap above the head

8 Beats	Verse	Side reaches x 2	Bring arms out straight to the each side at shoulder height Lean and reach to the side, (Ribs to Hips)keeping hips forward- Reach right left, right left right, and then repeat to the other side Left right, left, right left.
8 Beats		Arm reaches x 2	Reach both arms up straight above head, left heels and pump x 2
16 Beats		Side bends x 2	Stand with feet hip width. Hand on waist and other arm out straight resting against your ear Bend and reach over to the side x3 and then repeat to the other side
16 Beats		Chicken Necks x	Feet wide and then twist to the side, lunge position, rest hands on your thigh. Jut out your chin out and bob like a chicken x 4 Twist to front into wide squat position, repeat chicken necks x 4 then repeat to the opposite side back to wide squats , twist shoulders to opposite knee and then to the other side
16 Beats		Jog and sunshine arms x 2	Wide leg position and jog side to side, lift arms out to the side and up to above your head and then back down again to your side

8 Beats	Chorus	Jumping twists x 8	Arms at shoulder height, jump and twist to each side. Arms opposite direction to knees Opposite arms to legs,
8 Beats		Spotted Dogs x 8	One arm out stretched to the front, opposite leg stretched out behind – split stance. Jump to swap sides
16 Beats		Bum kicks x 8	Standing with feet hip width apart arms at chest height. Pull arms in to chest and at same time bring a heel to your bum on one side and the repeat on the other side
16 beats		Disco x 4	Arm out stretched and Point to the sky x 2 and then lean over with roly poly hands to the opposite side add a little bounce and get down low
32 Beats	Transition	Skips x 8 Skip and Clap x 8 Skips x 8 Skip and Clap x 8	March on the spot, add a little hop and then add your arms Add a clap above the head

8 Beats	Verse	Head Rolls x 4	Stand with feet hip width apart. Drop your ear to your shoulder, chin to chest and roll across front to the opposite side . Slow and controlled Then to the opposite side
8 Beats		Wrist Twist and click x 4	Lift elbow to shoulder height, arm at right angles. Rotate/twist the wrist and click your fingers, then repeat on the other side
16 Beats		Shoulder Rolls x 2	1x Roll your shoulders 1 xBring hands up to shoulders and leading with your elbows make some bigger circles 2x Arms out straight and make even bigger circles.
16 Beats		Walk out side shuffle + clap x 4	Walk foot out to side – Heel, toe, Heel, - bring other foot together and clap – each side x
16 Beats		Open and close the gate X 4	Bring knee up to hip height and rotate across body to opposite side and then back out to the side Clap, clap your hands Repeat with other leg
32 Beats	Transition	Skips x 8 Skip and Clap x 8 Skips x 8 Skip and Clap x 8	March on the spot, add a little hop and then add your arms Add a clap above the head
8 Beats	Chorus	Jumping twists x 8	Arms at shoulder height, jump and twist to each side. Arms opposite direction to knees Opposite arms to legs,
8 Beats		Spotted Dogs x 8	One arm out stretched to the front, opposite leg stretched out behind – split stance. Jump to swap sides

16 Beats		Bum kicks x 8	Standing with feet hip width apart arms at chest height. Pull arms in to chest and at same time bring a heel to your bum on one side and the repeat on the other side
16 beats		Disco x 3	Arm out stretched and Point to the sky x 2 and then lean over with roly poly hands to the opposite side add a little bounce and get down low and to finish drop down to get set position to finish 😊



**ACTIVE
TOGETHER**