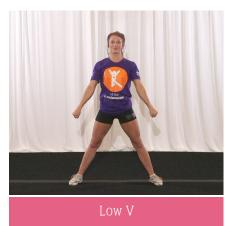
# Dance Choreography Module









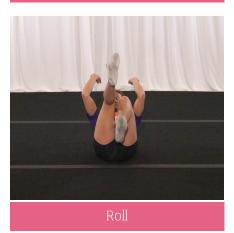


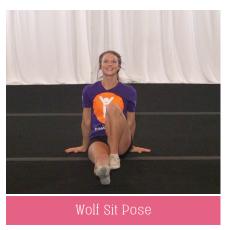












## Dance Choreography Module

Counts	Arm Motion Drill	Footwork / legs / head for dance						
5	Start standing tight in clean-up	Hold						
6	Hold	Hold						
7	Hold	Hold						
8	Hold	Hold						
	IST 8-COUNT OF DANCE							
1	Clasp	Jump feet apart						
2	Hold	Hold						
3	High V	Hold						
4	Hold	Hold						
5	Low V	Hold						
6	Hold	Hold						
7	Hands on Hips	Hold						
8	Hold	Hold						
2ND 8-COUNT OF DANCE								
1	Daggers	Hold						
2	Hold	Hold						
3	High Touch Down	Hold						
4	Hold	Hold						
5	Low Touch Down	Hold						
6	Hold	Hold						
7	Hands on Hips	Hold						
8	Hold	Hold						
3RD 8-COUNT OF DANCE								
1	Place knuckles of fists on ground	Jump together / squat						
2	Hold	Hold						
3	Snap head down / open hands and place palms flat on the ground	Hold						
4	Hold	Hold						
5	Forward Roll	Push through feet / legs to roll forward						
6	Continue Roll	Hold						
7	Land in a Wolf Sit on the floor / head tucked looking at belly button	Hold Wolf Sit						
8	Hold	Hold						
	4TH 8-COUN	T OF DANCE						
1	Snap head up	Hold						

#### Supplies / Aids:

Character Posters hitting the different arm motions. You can send these home as coloring sheets.

### **Equipment Needed:**

Mirror

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#### Tips & Tricks

