EASINGTON EARLY BIRDS KS 2 WARM UP

Wish I

Prompt	No. of repetitions	Actions
Instrumental	2 counts of 8	8 x side steps
'Baby'	4 counts of 8	8 x heel digs 8 x high knees
Daby	4 6001113 01 0	8 x high punches
		8 x elbow to knee
		8 x fingers to toes
'Wish I'	2 counts of 8	Box step forward 2 jumps back
CHORUS		(throughout chorus)
Instrumental	2 counts of 8	8 x side kicks
		8 x heel raises
'Baby'	4 counts of 8	8 arm sweeps
		4 slow squat reaches
		4 double side-steps, double arm sweeps
() A C = L = 1	0	2 double squat reaches
'Wish I' CHORUS	2 counts of 8	Box step forward 2 jumps back
Instrumental	2 counts of 8	(throughout chorus) 8 x side kicks
Instrumental	2 Courts of 6	8 x heel raises
(D. 4 : f f)	1 - 1 (0	
'But if you find'	4 counts of 8	2 side steps left, double arm reaches
		2 side steps right, double arm reaches 2 side steps left, double arm reaches
		2 side steps left, double arm reaches
		2 side steps right, double anni reaches
'Wish I'		Box steps to fade
CHORUS		

