

# EASINGTON EARLY BIRDS

## KS 1

### AEROBIC

#### I Just Can't Wait To Be King

Prompt	No. of repetitions	Actions
Introduction		Standing straight, shaking hands by side of the body
Musical instruments start	x 16 steps x 16 steps	Marching on spot Marching on spot, shrugging shoulders at the same time
Vocals	4x 4x	Side bends to the right with straight left arm over head Side bends to the left with straight right arm over head
	4 x 4 x	Pushing left arm diagonally across body Pushing right arm diagonally across body
		Jog round in a circle clockwise – small steps
Chorus – 'Oh I just can't wait to be King'		Box steps, two small jumps back, whole body shake
		Jog round in a circle anti-clockwise – small steps
'No one saying do this....'	4x slow	Alternate leg kicks to the front
'No one saying stop that...'	4x slow	Alternate leg kicks to the side
'Free to run around all day....'	4x slow	Knee raises, touching knee with opposite hand
'Free to do it all my way.....'	4x slow	'Butt kicks'
'I think it's time.....'	Count of 8 Count of 8 Count of 8 Count of 8	Sprint on the spot Skip on the spot Sprint on the spot Skip on the spot
		Jog round in a circle – small steps
Chorus – 'Oh I just can't wait to be King'		Box steps, two small jumps back, whole body shake
	2x 2x	Fast knee slaps Fast claps Repeat to start of vocals
'Everybody look left....'		Big jump left Big jump right Big jump forward Big jump backward 4 small, fast jumps left-right-forward-backward, whole body shake.
	Repeat 3 times	
Chorus – 'Oh I just can't wait to be King'		Box steps, two small jumps back, whole body shake
	Repeat twice	