

**EASINGTON EARLY BIRDS  
KS 1  
WARM UP**

**Jungle Book Groove**

Prompt	No. of repetitions	Actions
Introduction		Movements begin immediately after this intro
Music begins	8x	Step forward with one foot, bring feet together, step back , bring feet together
Singing begins	4x	Continue the above step while bending slightly backwards as you step forwards, and bending forwards as you step back
	4x	Continue the step, raise arms up high as you step forwards, clap hands as you step back
Chorus	8x 2x	<ul style="list-style-type: none"> <li>• Circle hands in front of stomach, tap one foot to side while stretching same arm out at shoulder level. Repeat other side.</li> <li>• Do the "Twist" down for 4 counts, up for 4 counts</li> </ul>
	8x 8x	<ul style="list-style-type: none"> <li>• Step to the side with one foot, bring feet together, step to other side to do the same, keep hands on waist</li> <li>• As above but reach opposite arm across body as you step to the side</li> </ul>
	4x	Continue the side steps, raise both arms up as you step to one side and clap hands as you step to the other
Chorus		Repeat

