

**EASINGTON EARLY BIRDS
KS 1
AEROBIC**

I Love to Boogie

Prompt	No. of repetitions	Actions
Introduction		Bouncy knees
We love to boogie	3 x	March for 8 counts Small jumps side to side for 8 counts
Verse	3 x	March for 8 counts Scissor jumps for 8 counts (jump feet together, jump feet apart)
I said, "We love to boogie"	3 x	March for 8 counts Hopscotch for 8 counts (hop on one foot, jump on 2 feet apart)
SCREAM		Shake hands in air and scream
Music	3 x	Jog for 8 counts Spotty dog (jump 1 foot in front, 1 foot behind and switch)
Verse	3 x	Jog for 8 counts Small jumps forward and back for 8 counts
I love to boogie	3 x	Jog for 8 counts Heel digs for 8 counts (jump 2 feet, tap heel on floor in front and repeat other foot)
Quiet, I love to boogie	To end	Alternate 8 marches, 8 toe flicks