

**EASINGTON EARLY BIRDS
KS 1
COOL DOWN**

Robinson is Cruising

Prompt	No. of repetitions	Actions
Music is continuous, perform all actions slowly	4 x	Shoulder shrugs
	2 x	Right arm circles
	2 x	Left arm circles
	8 x	Hands on waist, alternate trunk twists
	8 counts	Slowly down onto hands and knees keep back flat, head in line with flat back
	8 counts	Raise right leg behind, hold and lower
	8 counts	Raise left leg behind, hold and lower
	8 counts	Raise right arm out parallel to floor, hold and lower
	8 counts	Raise left arm as above
	8 counts	Raise one leg and opposite arm, hold and lower
	8 counts	Repeat with opposite arm and leg
	8 counts	Slowly stand up
	8 x	Arm over head, side bends to alternate sides
	4 x	Step forward with right foot, bend front knee, hold stretch for count of 8 Repeat with opposite leg Repeat above 2 moves 3 more times
	4 x	Bring right arm across body at shoulder height, with left hand gently push arm closer to body (push arm above the elbow) Repeat with other arm Repeat above 2 moves 3 more times
		Shake out arms and legs