

EASINGTON EARLY BIRDS

KS 1 AEROBIC

5-6-7-8

Prompt	No. of repetitions	Actions
		Two, slow full arm circles
Chorus		8 heel digs and clap hands in front of body 8 toe taps and clap hands above head
2 slow counts of 8	4x 4x	Slow side bends Slow side twists
Chorus	8x 8x	Heel digs/clap in front Toe taps/clap above head
2 counts of 8	4x 4x Repeat all above 3x	Marching steps forward Marching steps backwards
2 counts of 8	8x 8x	Knee raises, tap opposite knee with hand 'Kick butts'
Chorus	8x 8x	Heels digs/clap in front Toe taps/clap hands above head
2 counts of 8	8x 8x	Kicks in front, arm cross overs at waist height Kick in front, arms cross overs above head
2 slow counts of 8	4x	Slow 'box steps' (step right, step left, 2 jumps back)
2 counts of 8	8x 4x Repeat all above	Fast shoulder shrugs Slow alternate shoulder shrugs
2 counts of reading		Jog in a circle clockwise – 8 small steps Jog in a circle anti clockwise – 8 small steps Repeat once
Chorus	8x 8x	Heels digs/clap in front Toe taps/clap above head
2 counts of 8	4x steps 4x steps Repeat all above 3x	Jog forward Jog backwards
2 counts of 8	8x 8x	Knee raises, tap opposite knee with hand 'Kick butts'
Chorus	8x 8x	Heel digs (or kicks) and clap in front Toe taps (or kicks) and clap above head - big star jump on the last word '8'