

**EASINGTON EARLY BIRD
KS1
AEROBIC**

Cotton Eye Joe

Prompt	No. of repetitions	Actions
Chorus	8 counts for each	<ul style="list-style-type: none"> • Marching on the spot • Marching with arms • Punching to the sides • Punching in front
Instrumental	8 counts for each	<ul style="list-style-type: none"> • Heel digs • Shoulder taps
Chorus	8 counts for each	<ul style="list-style-type: none"> • Grapevine/gallop left and return • Repeat • 2 box steps • Repeat
Instrumental	8 counts for each	<ul style="list-style-type: none"> • Jumping heel taps • Shoulder taps • Jumping heel taps • Shoulder taps
Verse 1	8 counts for each	<ul style="list-style-type: none"> • Side step to the left & touch inside of opposite heel, repeat to the right. • Repeat facing right • Repeat facing right • Repeat facing right
Chorus	8 counts for each	<ul style="list-style-type: none"> • Grapevine/gallop left and return • Repeat • 2 box steps • Repeat
Instrumental	8 counts for each	<ul style="list-style-type: none"> • Jumping heel taps • Shoulder taps • Jumping heel taps • Shoulder taps
Verse 2	8 counts for each	<ul style="list-style-type: none"> • Side step to the left & touch inside of opposite heel, repeat to the right. • Repeat facing right • Repeat facing right • Repeat facing right
Chorus	8 counts for each	<ul style="list-style-type: none"> • Grapevine/gallop left and return • Repeat • 2 box steps • Repeat
Instrumental	8 counts for each	<ul style="list-style-type: none"> • As instrumental before
instrumental	8 counts for each	<ul style="list-style-type: none"> • As instrumental before
Chorus	8 counts for each	<ul style="list-style-type: none"> • As chorus before
Instrumental	8 counts for each	<ul style="list-style-type: none"> • As instrumental before
Chorus to end	2x 8 counts	<ul style="list-style-type: none"> • As chorus before

