

**EASINGTON EARLY BIRDS
KS 2
WARM UP**

Wish I

Prompt	No. of repetitions	Actions
Instrumental	2 counts of 8	8 x side steps 8 x heel digs
'Baby...'	4 counts of 8	8 x high knees 8 x high punches 8 x elbow to knee 8 x fingers to toes
'Wish I...' CHORUS	2 counts of 8	Box step forward 2 jumps back (throughout chorus)
Instrumental	2 counts of 8	8 x side kicks 8 x heel raises
'Baby...'	4 counts of 8	8 arm sweeps 4 slow squat reaches 4 double side-steps, double arm sweeps 2 double squat reaches
'Wish I...' CHORUS	2 counts of 8	Box step forward 2 jumps back (throughout chorus)
Instrumental	2 counts of 8	8 x side kicks 8 x heel raises
'But if you find...'	4 counts of 8	2 side steps left, double arm reaches 2 side steps right, double arm reaches 2 side steps left, double arm reaches 2 side steps right, double arm reaches
'Wish I' CHORUS		Box steps to fade

