

**EASINGTON EARLY BIRDS**  
**KS2**  
**WARM UP**

**Don't Stop Moving- S Club 7 version**

Prompt	No. of repetitions	Actions
Introduction		Side stepping and clap hands to the beat
Verse 1	1x 8 (slow) 1x 8 1x 8 1x 8	Run on the spot Jogging bottom kicks Run on the spot Jogging bottom kicks
Female voice	1x4 (slow) 2x8 (fast)	Keep feet still and slowly crunch arms Keep feet still and fast punch arms in the air
Chorus	1x 4 (fast) 1x4 1x4 1x4 (Repeat)	Grapevine and jump/clap to the left Repeat to the right Repeat to the left Repeat to the right (Repeat)
Additional tune		Side steps
Verse 2	1x8 (slow) 1x8 1x8 1x8	Jumping flick kicks Box step Jumping flick kicks Box step
Chorus	1x 4 (fast) 1x4 1x4 1x4 (Repeat)	Grapevine and jump/clap to the left Repeat to the right Repeat to the left Repeat to the right (Repeat)
Additional tune		Side steps
Female voice	4x4 (slow)	Bend knees and stretch up with circle arms x4 in all directions
Chorus	1x 4 (fast) 1x4 1x4 1x4 (Repeat)	Grapevine and jump/clap to the left Repeat to the right Repeat to the left Repeat to the right (Repeat)
To end		Travelling flick kicks around the room

