

**EASINGTON EARLY BIRDS
KS 2
WARM UP**

Hung up

Prompt	No. of repetitions	Actions
Vocals only – 'Time goes by....'	4 x counts of 8	4 shoulder rolls 4 alternate shoulder lifts
Music starts – 'Time goes by....'	4 x counts of 8	4 side steps 4 high knees 2 double side steps and return 2 double knee raises each leg 2 double side steps and return 2 double knee raises each leg
'Every little thing...' - CHORUS	4 x counts of 8	Walk forward for 4, 2 wide bum kicks Walk backwards for 4, 2 knee lifts 4 ½ jacks 4 kick backs
'Time goes by...'	4 x counts of 8	1 large slow arm circle (left) 1 large slow arm circle (right) Grapevine for 4 with a clap each way Repeat grapevines
	4 x counts of 8	2 side kicks left leg 2 side kicks right leg 2 kicks forward left leg 2 kicks backwards right leg 4 x box steps
'Every little thing...' - CHORUS	4 x counts of 8	Walk forward for 4, 2 wide bum kicks Walk backwards for 4, 2 knee lifts 4 ½ jacks 4 kicks backs Repeat all of the above
'Ring, ring, ring goes the telephone...'	4 x counts of 8	8 high punches 4 slow peck decks 4 slow squats with high punches 4 slow squats with peck decks
	4 x counts of 8	4 scoops forward 4 jogs back 4 scoops forward 4 jogs back
'Don't cry for me...'	4 x counts of 8	8 punches forward 4 high kicks 8 punches wide 4 high kicks wide
'Every little thing....' CHORUS	4 counts of 8	Walk forward for 4, 2 wide bum kicks Walk backwards for 4, 2 knee lifts 4 ½ jacks 4 kick backs Repeat all of the above
CHORUS to fade		Marching/ side stepping with arms moving