

**EASINGTON EARLY BIRDS**  
**KS 2**  
**AEROBIC**

**Uptown Girl**

Prompt	No.of repetitions	Actions
Oh, oh, oh, oh.....	8 x	Hands on hips, sway hips from side to side
Uptown Girl.....	8 x 8 x	Hands on hips, heel-toe right foot Repeat left foot
Uptown Girl.....	8 x 8 x	Arms out to side, raise alternate knees to chest Kick alternate legs forward, reach forward with opposite arm
And when she knows...	8 x 8 x	March, criss-cross arms and raise March, criss-cross arms, lower
And when she wakes up	8 x 8 x	Repeat above actions
She'll see I'm not....	8 x	Jump into star shape and hold
Just because.....	8 x	Walk around on spot, one way then other
Uptown Girl.....	8 x 8 x	Hands on hips, heel-toe right foot Repeat left foot
Oh, oh, oh, oh....	8 x	Hands on hips, sway hips from side to side
Oh, oh, oh, oh....	8 x	Hands behind ears, sway hips from side to side
Uptown Girl.....	8 x 8 x	Hands on hips, heel-toe right foot Repeat left foot
And when she's walking	8 x 8 x	March, criss-cross arms and raise March, criss-cross arms and lower
And when she's talking	8 x 8 x	Repeat above actions
She'll say I'm not....	8 x	Jump into star shape and hold
Just because.....	8 x	Walk around on spot, one way then other
Uptown Girl.....	8 x 8 x	Hands on hips, heel-toe right foot Repeat left foot
Uptown Girl.....	8 x 8 x	Arms out to side, raise alternate knees to chest Kick alternate legs forward, reach forward with alternate arms
Uptown Girl.....		Repeat above actions to end

