

**EASINGTON EARLY BIRD
KS2
COOL DOWN**

What Did I Ever Give You?

Prompt	No. of Repetitions (Slow count)	Actions
Instrumental intro	8 8	<ul style="list-style-type: none"> ▪ Shoulder raises ▪ Shoulders forwards & backwards
"Head down"	4 each side	<ul style="list-style-type: none"> ▪ Raise right arm to shoulder and lower, repeat left arm ▪ Raise right arm to shoulder height and hold for 8. Repeat left arm. ▪ Lower right arm, then left
"I wish"	4 4	<ul style="list-style-type: none"> ▪ Deep squat with heel dig ▪ Toe taps
"Nightclub"	Count of 8 Count of 8 Count of 8 Count of 8	<ul style="list-style-type: none"> ▪ Right heel dig, stretch and hold ▪ Left heel dig, stretch and hold ▪ Step right leg f/ward & bend, left leg back and straight ▪ Repeat with left leg
"I wish"	4 4	<ul style="list-style-type: none"> ▪ Deep squat with heel dig ▪ Toe taps
Chorus "..did I ever	4 4 4 4	<ul style="list-style-type: none"> ▪ Slow kicks on the spot, shake hands high ▪ Travel forwards with kicks ▪ Travel backwards with kicks ▪ Slow kicks on the spot, shake nhands high
Instrumental	8	<ul style="list-style-type: none"> ▪ Keeping feet together, raise left heel then right, bend knees and bicep curl with opposite arm
"Disgraced"	4 4	<ul style="list-style-type: none"> ▪ Alternate arm reaches in front ▪ Alternate knee raises, hug knee ▪ Repeat both of the above
"I wish"	8 8	<ul style="list-style-type: none"> ▪ Deep squat with heel dig ▪ Toe taps
Chorus "..did I ever"	8 8 8 8	<ul style="list-style-type: none"> ▪ Slow kicks on the spot, shake hands high ▪ Travel forwards with kicks ▪ Travel backwards with kicks ▪ Slow kicks on the spot, shake hands high
Instrumental	16	<ul style="list-style-type: none"> ▪ Keeping feet together, raise left heel then right, bend knees and bicep curl with opposite arm
Chorus x2 To end		Repeat chorus actions

