

**EASINGTON EARLY BIRDS  
KS 2  
AEROBIC**

**Don't Call Me Baby**

Prompt	No. of repetitions	Actions
Instrumental Pattern A	8x 8x 8x 8x	<ul style="list-style-type: none"> <li>▪ Jumping from side to side</li> <li>▪ Add in swinging arms</li> <li>▪ Take arms at shoulder height and swing</li> <li>▪ Take arms above head and swing</li> </ul>
Instrumental	4	<ul style="list-style-type: none"> <li>▪ Alternate kicks with arms swinging across body</li> <li>▪ Travel forward with kicks</li> <li>▪ Travel backward with kicks</li> <li>▪ On the spot kicks</li> </ul>
Pattern 1	4 x	<ul style="list-style-type: none"> <li>▪ Grapevine left and clap</li> <li>▪ Grapevine and clap</li> </ul>
Pattern 2	4x 4 x	<ul style="list-style-type: none"> <li>▪ Scoop forwards</li> <li>▪ Zigzag jumps backwards x 4 (slow)</li> <li>▪ Repeat scoops and zig zags</li> </ul>
Pattern 3	4 x	<ul style="list-style-type: none"> <li>▪ Jumping side twists</li> <li>▪ Add in swinging arms</li> <li>▪ Take arms to shoulder height and swing</li> <li>▪ Take arms above the head and swing</li> </ul>
Pattern 4		<ul style="list-style-type: none"> <li>▪ Forward jump, hop, clap &amp; hold</li> <li>▪ Backward jump, hop, clap &amp; hold</li> <li>▪ Repeat both</li> </ul>
		Repeat the 4 patterns to the end of the track