

**EASINGTON EARLY BIRDS**  
**KS 2**  
**COOL DOWN**

**No Worries**

Prompt	No. of repetitions	Actions
"I just Know"	4 counts of 8	<ul style="list-style-type: none"> <li>▪ Right arm sway above head</li> <li>▪ Left arm sway above head</li> <li>▪ Repeat both</li> </ul>
"So"	Count of 8 Count of 8  4 4	<ul style="list-style-type: none"> <li>▪ Both arms up for 4, out to the sides for 4</li> <li>▪ Arms still wide, twist to the right and then to the left</li> <li>▪ Peck decks</li> <li>▪ Alternate side bends</li> </ul>
"Cos"	4 counts of 8	<ul style="list-style-type: none"> <li>▪ Left calf stretch</li> <li>▪ Right calf stretch</li> <li>▪ Left quad stretch</li> <li>▪ Right quad stretch</li> </ul>
"I just"	4 counts of 8	<ul style="list-style-type: none"> <li>▪ Slow scoop and clap forward</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> </ul>
"No worries"	4 counts of 8	<ul style="list-style-type: none"> <li>▪ Side step to the left for 4, clap and return</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> </ul>
"So"	Count of 8 Count of 8  4 4	<ul style="list-style-type: none"> <li>▪ Clasp hands together, push arms forward</li> <li>▪ Clasp hands together, push arms behind the body</li> <li>▪ Shoulder circles</li> <li>▪ Full arm circles</li> </ul>
"Cos"	4 4 8	<ul style="list-style-type: none"> <li>▪ Alternate low raised leg, point toe</li> <li>▪ Alternate low raised leg, flexed foot</li> <li>▪ Raise alternate knees and hug to chest</li> </ul>
"I just"	4 counts of 8	<ul style="list-style-type: none"> <li>▪ Slow scoop and clap forward for 4</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> </ul>
" No worries"	4 counts of 8	<ul style="list-style-type: none"> <li>▪ Side step to the left for 4, clap and return</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> <li>▪ Turn to the left and repeat</li> </ul>
"I just"....to end	3 counts of 8	<ul style="list-style-type: none"> <li>▪ Swaying from foot to foot to the end of music</li> </ul>