

**EASINGTON EARLY BIRDS**  
**KS 2**  
**WARM UP**

**Can't Get You Out Of My Head**

Prompt	No. of repetitions	Action
Instrumental introduction	8x	Side step, feet together with both arms extended out and back to side
	8x	'Heel digs' alternate feet with bicep curls
Vocals – 'La la la.....'	4x	Box steps (Step diagonal right, step diagonal left, 2 small jumps back)
	4x	'Jacks'
	4x slow	'Spotty dog'
Vocals – 'I just can't.....'	8x steps	Marching on the spot
	8x steps	Skipping on the spot
	4x	Knee raises, tapping knee with opposite hand
	4x	Knee raises, arms extended above head
Vocals – 'La la la....'	4x	Box steps
Vocals – 'I just can't....'	8x steps	Marching on the spot
	8x steps	Skipping on the spot
	4x	Knees raises, tapping knee with opposite hand
	4x	Knee raises, arms extended above head
Vocals – 'Every night....'	Slow count of 4	Side stretch to right, arm extended over head
	8x	Repeat to left
	8x	Fast small circles clockwise, arms extended to sides
	8x	Fast small circles anti clockwise, arms extended to sides
Vocals – 'Won't you stay.....'	16x steps	Small steps jogging round in a clockwise circle
	16x steps	Small steps jogging round in an anti clockwise circle
Vocals – 'Stay forever.....'	Repeat 3 times	Extended arms up, touch shoulders, out to side
Vocals – 'La la la....'	4x	Box steps
	4x	'Jacks'
	4x slow	'Spotty dogs'
Vocals – 'I just can't.....'	8x	Marching steps
	8x	Skipping on the spot
	4x	Knee raises, tapping knees
	4x	Knee raises, arms extended above head
Vocals – 'There's a dark secret.....'	8x	Slow side stretch right
	8x	Slow side stretch left
	8x	Small circles clockwise
	8x	Small circles anti clockwise
Vocals – 'Set me free.....'	16x	Small steps jogging clockwise
	16x	Small steps jogging anti clockwise
	Repeat 3 times	Extended arms up, touch shoulders, out to sides
	8x	Small arm circles clockwise
	8x	Small arm circles anti clockwise
Vocals – 'La la la.....'	4x	Box steps
	4x	'Jacks'
	4x slow	'Spotty dogs'
Vocals - 'I just can't.....'	8x	Side steps and arms extensions to the side
	8x	Heel digs and bicep curls – as beginning – to end of music

