

**EASINGTON EARLY BIRDS
KS 2
AEROBIC**

Move Your Feet

Prompt	No. of repetitions	Actions
Start as soon as music starts	(Very quick actions)	Arms extended punch once out to side Bent arms back to the centre Arms extended, punch once above head Arms back to centre Arms extended punch once out to the side
Chorus - Vocals	2x 2x 8x 2x 2x 11x steps	'Jacks' 'Spotty Dogs' Marching on the spot steps 'Jacks' 'Spotty Dogs' Marching on the spot
Instrumental	4x 4x 4x 8x	Knee bends and kick to alternate side Knee bends and kick to the front Knee bends and extend leg out behind Skipping steps on the spot
'Don't stop the beat...'	4x 4x 4x 4x	Touch shoulders, extend arms to the side Touch shoulders, extend arms above head Touch shoulders, push extended arms out in front Alternate diagonal pushes out in front
Chorus - Vocals		Repeat actions from the chorus
Instrumental	4x 4x 4x	Side bends to the right, extended arm over head Side bends to the left, extended arm over head Forward bends Circle hips
'Sing, sing, sing, sing, sing, my song	4x 4x 4x 8x	Knee bends and kick to alternate side Knee bends and kick to the front Knee bends and extend leg out behind Skipping steps on the spot
Chorus - Vocals		Repeat actions from the chorus
'Everybody.....'	4x 4x 4x 4x	Touch shoulders, extend arms to the side Touch shoulders, extend arms above head Touch shoulders, push extended arms out in front Alternate diagonal pushes out in front Skip on the spot until chorus
Chorus - Vocals		Repeat actions from the chorus March on the spot to end of music

