

DEVELOPING PHYSICAL LITERACY THROUGH DANCE – WWW.DANCEPL3Y.COM

DANCEPL3Y CHOREO: JUMPSTART

SONG NAME: JUMPSTART by These Kids Wear Crown

MUSIC	MOVE	INSTRUCTOR COACHING CUES
0:00	WIGGLE	WIGGLE YOUR RIGHT ARM – JUST YOUR RIGHT ARM, THE REST OF OUR BODY DOESN'T MOVE. NOW WIGGLE JUST YOUR LEFT ARM. – ISOLATION! LET THE WIGGLE TAKE OVER YOUR WHOLE BODY! AND SHAKE!
0:34	CROSS FEET JUMP	CROSS YOUR FEET AS YOU JUMP. CROSS-OUT-CROSS-OUT. HANDS UP IN THE AIR AND ADD YOUR ARMS. –THEY CAN DO ANYTHING!
0:48	ARM PUNCHES	PLANT YOUR FEET. JUST YOUR ARMS PUNCH. EVERYTIME YOU PUNCH, PUNCH SOMEWHERE DIFFERENT AROUND YOUR BODY
1:01	WAVE HANDS	EVERYBODY WAVE YOUR HANDS IN THE AIR AND SAY 'HEEEY-OH, HEY-OH', WAVE THEM LOW! (HEEY-OH HEEY-OH) IN THE AIR 'HEEEY-OH, HEY-OH', LOW! (HEEY-OH HEEY-OH)
1:16	WIGGLE	FREEZE! WIGGLE ONLY YOUR LEFT LEG. CAN YOU BALANCE WHILE YOU DO IT? NOW SWITCH TO THE OTHER FOOT – WIGGLE YOUR RIGHT LEG! NOW YOUR WHOLE BODY WIGGLES! WIGGLE WIGGLE!
1:48	CROSS FEET JUMP	CROSS YOUR FEET AS YOU JUMP. CROSS-OUT-CROSS-OUT. HANDS UP IN THE AIR AND ADD YOUR ARMS. LET ME SEE YOU DANCE!
2:01	ARM PUNCHES	PLANT YOUR FEET. JUST YOUR ARMS PUNCH. EVERYTIME YOU PUNCH, WHERE ELSE CAN YOU PUNCH? WHERE HAVE YOU NOT PUNCHED YET?
2:15	WAVE HANDS	EVERYBODY WAVE YOUR HANDS IN THE AIR AND SAY 'HEEEY-OH, HEY-OH', WAVE THEM LOW! (HEEY-OH HEEY-OH) IN THE AIR 'HEEEY-OH, HEY-OH', LOW! (HEEY-OH HEEY-OH)
2:29	LOW WIGGLE	SHHHHH! EVERYONE COME IN!! IN IN IN TOWARDS THE MIDDLE. LOW TO THE GROUND. JUST SHAKE YOUR HANDS. STAY HERE. WHERE I SAY "JUMP!" I WANT YOU TO JUMP UP AS HIGH AS YOU CAN. ARE YOU READYYYYYYY? JUMP!
2:45	CROSS FEET JUMP	CROSS YOUR FEET AS YOU JUMP. CROSS-OUT-CROSS-OUT. HANDS UP IN THE AIR AND ADD YOUR ARMS. LET ME SEE YOU DANCE!
2:58	ARM PUNCHES	PLANT YOUR FEET. JUST YOUR ARMS PUNCH. PUNCH ANYWHERE!!
3:12	WAVE HANDS	EVERYBODY WAVE YOUR HANDS IN THE AIR AND SAY 'HEEEY-OH, HEY-OH', WAVE THEM LOW! (HEEY-OH HEEY-OH) IN THE AIR 'HEEEY-OH, HEY-OH', LOW! (HEEY-OH HEEY-OH)

TAG AND TWEET YOUR CLASS AS THEY GET ACTIVE WITH DANCE!

@DANCEPL3Y #BUBBLEOF AWESOME