

DANCEPL3Y CHOREO:

WATCH ME (WHIP-NAE NAE)

SONG NAME: WATCH ME (WHIP/NAE NAE) BY SILENTO

MUSIC	MOVE	TEACHING CUES
0:00	FREESTYLE	ALRIGHT EVERYONE JUMP JUMP JUMP! ARE YOU READY? GET READY TO DO THE WHIP AND DEVELOP <u>FUNDAMENTAL</u> MOVEMENT SKILLS
0:12	WHIP	EVERYBODY WHIP, AND THEN YOU NAE NAE, NOW TWICE - WHIP, WHIP, AND THEN YOU NAE NAE AGAIN! WHIP, NAE NAE 2 WHIPS, NAE NAE!
0:25	WATCH ME	NOW BOUNCE, BOUNCE, WATCH ME! WATCH ME! HOP THEN LEAP FROM ONE FOOT TO THE OTHER , MOVE MOVE MOVE. SAY "WATCH ME! WATCH ME!" POINT TO THEM AND SHOW YOUR STYLE!
0:38	STANKY LEG	DO THE STANKY LEG, GET LOW AND WOBBLE YOUR LEG. BALANCE ON THE ONE LEG AND MOVE THE OTHER. NOW SWITCH. CAN YOU KEEP BALANCING AS YOU DO THE STANKY LEG?
0:51	BREAK YO' LEGS	WATCH THIS! HOW MANY DIFFERENT WAYS CAN YOU BREAK YO' LEGS? FIRST DO SYMMETRICAL (SAME ON EACH LEG) THEN DO ASYMMETRICAL (DO SOMETHING DIFFERENT) YOU CAN'T GET IT WRONG!
1:04	THE BOP	JUMP ON BOTH FEET , BOP BOP BOP BOP, BRING YOUR ELBOWS IN AND JUMP ON BOTH FEET LIKE YOU'RE SKIPPING ROPE – SKIP TO A NEW SPOT IN THE ROOM!
1:17	WHIP	WHIP WHIP ARE YOU READY? NOW WATCH ME WHIP, WATCH ME NAE NAE,. YOU'VE GOT IT! WATCH ME WHIP, WHIP, WATCH ME NAE NAE AGAIN AGAIN! WHIP, NAE NAE 2 WHIPS, NAE NAE
1:30	WATCH ME	NOW BOUNCE, BOUNCE, WATCH ME! WATCH ME! HOP THEN LEAP FROM ONE FOOT TO THE OTHER , WATCH ME! WATCH ME!
1:43	SUPERMAN X4	JUMP BACK 3, 2, 1, RUN AND SUPERMAN JUMP! OTHER SIDE, 3, 2, 1, RUN AND SUPERMAN! DO IT AGAIN – HOW HIGH CAN YOU JUMP?
1:57	THE DUFF OR FREESTYLE	PRETEND TO TAKE YOUR MAKEUP AND DAB IT ON YOUR FACE, BE SUPER SILLY ABOUT IT! ! IF YOU DON'T WANT TO DO THAT JUST SHOW ME YOUR FREESTYLE! YOU CAN'T GET IT WRONG! YOU JUST HAVE TO MOVE AND BE SILLY!
2:10	THE BOP	JUMP ON BOTH FEET , BOP BOP BOP BOP, BRING YOUR ELBOWS IN, BOP BOP BOP BOP I WANT TO SEE YOU MOVE TO A COMPLETELY NEW SPOT IN THE ROOM
2:23	WHIP	YOU KNOW IT! SHOW ME YOUR WHIP! AND NAE NAE! YOU LOOK AWESOME!
2:36	WATCH ME	EVERYBODY WATCH ME! YOU KNOW IT - HOP THEN LEAP FROM ONE FOOT OT THE OTHER, WATCH ME! WATCH ME SAY IT TO THEM! SHOW THEM YOUR STYLE!



TAG AND TWEET YOUR CLASS AS THEY GET ACTIVE WITH DANCE
@TDFU_ED #TDFU