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| **Off Body Choreography ‘Sugar’ Maroon 5** | **Coaching Points** |
| 1. Hoop swing + leg curl + Grapevine:   Verse:   * Hoop swing side to side, start to Left transfer weight side to side x 8 * Hoop swing + leg curl x 8 * Grapevine + Leg curl x 8 – circle hoop   Chorus:   * Bounce step side to side – flip hoop from hip to hip over the head : count of 16 * Repeat grapevine + leg curl x 8   Repeat Verse  Break: Twist bounce on spot  Repeat Chorus to end | Low impact option to side step instead of bounce  Slow down tempo of twist |