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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 VerseBreak: Twist bounce on spotRepeat Chorus to end | Low impact option to side step instead of bounceSlow down tempo of twist  |