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| **On Body Choreography ‘Kung Fu Fighting’ by Carl Douglas**  Intro   * Reach up bring hands together above head, then out and down to sides : slow x 4   Chorus:   * R arm hold out in front, use left arm to box above & below arm x 4 * Bring elbows tucked into body * L arm to front, use R arm to box above/below x 4 * Repeat x 4 during chorus: R / L / R / L   Verse:   * Reach both arms up, bring down to elbows tucked position x 8 * Option to add a twist side to side or speed up to double time or a step with the arm reach.   Repeat Chorus  Repeat Verse  Repeat Chorus  Change direction of hoop – Into Chorus  Outro   * Reach up bring hands together above head, then out and down to sides : slow x 4 | Impact/ability options:   * Option to add a twist side to side or speed up to double time or a step with the arm reach in the Verse |