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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 ChorusRepeat VerseRepeat ChorusChange direction of hoop – Into ChorusOutro* 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
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