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| **On Body Choreography ‘Low’ by Flo Rida**  Chorus:   * 3 jabs to the front & shallow squat x 8 * Alternate leading arm: Right x 4, Left x 4   Verse:   * Cross body punches – option to add punch up in between for more intensity   Repeat Chorus  Repeat Verse  Change direction of hoop – straight into cross body punches | Impact/ability options:   * Remove the shallow squat * Option to add punch up with both arms in between cross body punches for more intensity |