|  |  |
| --- | --- |
| **Off Body Choreography “Rasputin” by Majestic & Boney M**  Interval Sets: Start when beat kicks in at 0.08  Set 1:   * 2 x counts of 8: Crab Walk, 2 steps to side = 1 count   Set 2: Starts “full of” @ 0.40   * 2 x counts of 8: Standing Oblique Crunches with Knee raise * Option to drop down to 1 count of 8 & perform crunches slower   Set 3: Starts on Chorus “Ra Ra Rasputin” @ 1.08   * 2 x counts of 8: Jumping Jacks   Repeat all over again : Starts when beat kicks in at 1.30  Set 1:   * 2 x counts of 8: Crab Walk, 2 steps to side = 1 count   Set 2: Starts “full of” @ 0.40   * 2 x counts of 8: Standing Oblique Crunches with Knee raise * Option to drop down to 1 count of 8 & perform crunches slower   Set 3: Starts on Chorus “Ra Ra Rasputin” @ 1.08   * 2 x counts of 8: Jumping Jacks   Finish with 1 count of 8 Crab walks to end of song | Impact/ability options:  Lower impact option Crab Walk: Side Step instead of low stance  Lower impact option Oblique Crunch: Remove Knee lift and do standing oblique crunch   * Option to drop down to 1 count of 8 & perform crunches slower   Lower impact option Jumping Jacks: Alternate half jacks, stepping out alternate legs. Option to keep hoop low instead to pumping hoop up/down. |