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| **Off Body Choreography “Rasputin” by Majestic & Boney M**Interval Sets: Start when beat kicks in at 0.08Set 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 1.30Set 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 stanceLower 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. |