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| **On Body Choreography ‘Bug a Boo” Joe Stone**Barre Sequence : Start at 0.15* Alternate Feet together, arms together; toes pointed out, arms out – set of 2 lifts in each position
* Set of 4 lifts: Feet hips width toes pointed out
* Set of 4 lifts: Feet together
* Set of 6 Basic lifts Feet Hips width
* Turn round on tip toes – both directions.

Repeat* Alternate Feet together, arms together; toes pointed out, arms out – set of 2 lifts in each position
* Set of 4 lifts: Feet hips width toes pointed out
* Set of 4 lifts: Feet together

Grab hoop & change direction:* Feet Hips width – set of 6 Basic lifts
* Turn round on tip toes – both directions.
 | Impact/ability options:* Keep feet at hips width for lower ability
* Keep feet on ground for turns for lower ability
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