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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 |