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| **On Body Choreography ‘I like to move it’ Will.i.am** Arm Sequence  Verse: When singing starts approx. 0.23sec   * Elbow & Extend : single, single double Repeat x 2 * Punch to front, punch to sky : Slow x 2 / option for double time x 4 * Punch sky + chest bump, alternate sides x 8   Chorus:   * Punch up 1, 2 + lasso arms x3 : repeat x 2 * Third punch up + pivot turn round with lasso arms for count of 6   Verse:   * Elbow & Extend : single, single double Repeat x 2 * Punch to front, punch to sky : Slow x 2 / option for double time x 4 * Punch sky + chest bump, alternate sides x 8   Chorus:   * Punch up 1, 2 + lasso arms x3 : repeat x 2 * Third punch up + pivot turn round with lasso arms for count of 6   Change direction of hoop  Break: ‘Somebody say ho’   * Elbow & Extend : single, single double Repeat x 2 * Punch to front, punch to sky : Slow x 2   Repeat Chorus to end:   * Punch up 1, 2 + lasso arms x3 : repeat x 2 * Third punch up + pivot turn round with lasso arms for count of 6 | Impact/ability options:  Lower ability option: Focus on keeping the hoop going for whole song & challenge to try a few arm movements |