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| **On Body Choreography ‘I like to move it’ Will.i.am** Arm SequenceVerse: 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 hoopBreak: ‘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 |