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| **Off Body Choreography ‘Something Kinda Ooh’ Girls Aloud**  Intro: Straight into movement   * Jogging on spot   Chorus : Move on ‘Something’ at 0.16   * Box Step x 4 lead with L – raise hoop as step forward * Box Step x 4 lead with R * Box Step add 2 bounce back, lead with L * Box Step add 2 bounce back, lead with R   Verse: start at 0.45 ‘Ooh’:   * High knees, pumping hoop up & down * Into Jog @ 1.00 ‘if you’re gonna’ – lift hoop up & down to beat   Chorus : Move on ‘Something’ at 1.14   * Box Step x 4 lead with L – raise hoop as step forward * Box Step x 4 lead with R * Box Step add 2 bounce back, lead with L * Box Step add 2 bounce back, lead with R   Verse @ 1.44 ‘Ive got to heat it up’   * High knees, pumping hoop up & down   Break @ 1.58 ‘Oh Boy’   * Jogging on spot – lift hoop up & down to beat   Chorus : Move on ‘Something’ at 2.29   * Box Step x 4 lead with L – raise hoop as step forward * Box Step x 4 lead with R * Box Step add 2 bounce back, lead with L * Box Step add 2 bounce back, lead with R   Outro @ 2.58:   * Jog on spot to end | Impact/ability options:  Lower impact options :   * March instead of Jog * Keep hoop low instead of lifting up & down * Stick with basic Box Step, with no jumps * Hold hoop down for high knees   Higher impact options:   * Jog * Pump Hoop up & down * Add jumps with box step * Add a bounce with the high knees as well as pumping hoop up & down |