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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
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