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| **On Body Choreography ‘Disco Inferno’ The Trammps**  Intro – Use Intro to demo the verse & chorus steps  Chorus starts at 0.34: - Arm sequence x 4: Throw both arms out then up & disco roll to other side  Verse:   * 4 x Side Tap to R + R arm * 4 x Side Tap to L + L arm * 8 x alternate side taps   Chorus: - Arm sequence x 4: Throw both arms out then up & disco roll with a twist to opposite side  Verse:   * 4 x Side Tap to R + R arm * 4 x Side Tap to L + L arm * 8 x alternate side taps   Chorus: - Arm sequence x 4: Throw both arms out then up & disco roll to other side  Break @ 2.18 = change direction of hoop  Back into Verse @ 2.34:   * 4 x Side Tap to R + R arm * 4 x Side Tap to L + L arm * 8 x alternate side taps   Chorus: to end of song - Arm sequence x 4: Throw both arms out then up & disco roll to other side | Impact/ability options:  Lower ability option: keep feet hips width & tap foot, focus on arm movement & maintaining strong core pulse.  Chorus : Lower ability Option to stay facing forward with arm sequence rather than twisting side to side |