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| **On Body Choreography ‘Spice Up Your Life’ Spice Girls**Intro – Wavy arms side to side until verse at 0.23Verse until 0.38* Reach both arms out then up & repeat

Pre-Chorus @ 0.38: When they sing ‘Spice up your life’* Throw arms in air x 2

Chorus: Repeat x 2* Side step to R
* Side step with shimmy to L
* Step Fwd with L then R
* Turn around in same direction as hoop

Wavy arms side to side until verse at 1.18Verse:* Reach both arms out then up & repeat

Pre-Chorus : When they sing ‘Spice up your life’* Throw arms in air x 2

Chorus: Repeat x 2* Side step to R
* Side step with shimmy to L
* Step Fwd with L then R
* Turn around in same direction as hoop

Wavy arms side to side during ‘Flamenco, Lambarda’ bit @ 1.56Shimmy x 2 when they sing “shake it shake it shake it’ @ 2.04Pre-Chorus : When they sing ‘Spice up your life’* Throw arms in air x 2

Chorus: Repeat to end* Side step to R
* Side step with shimmy to L
* Step Fwd with L then R
* Turn around in same direction as hoop
 | Impact/ability options:Lower ability option: Avoid stepping, stay on spot & focus on arm movement & maintaining strong core pulse.Pre-chorus : Higher ability option to add a jump when arms thrown upOption to change direction of hoop at 1.56 instead of staying same direction. |