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| **On Body Choreography ‘Spice Up Your Life’ Spice Girls**  Intro – Wavy arms side to side until verse at 0.23  Verse 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 1.18  Verse:   * 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 @ 1.56  Shimmy x 2 when they sing “shake it shake it shake it’ @ 2.04  Pre-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 up  Option to change direction of hoop at 1.56 instead of staying same direction. |