"Mic Drop"

Start in 2 clumps on sides, move to 4 lines

8  Hold 123, head up 4, step back leg first pull arms to half T 56, switch 78
8  Double pump 12 throw back arm 34, double pump to front 56, throw other arm 78
8  Jump out clean 12, step to R with arms out 3, chest 4, T 5, hips 6, R shoulder isolation 78
8  Jump out arms crossed 12, swoop down L to R 34, punch arms down 56, (halves) middle up hand pump 78
8  *Tap R 1, together 2, tap L with shoulder swipe 3, together 4, step arms up or down 56, together 78
8  Step L switch arms up or down 12, together 34, switch windows and run 5678
8  Step to R with arms in T 12, L knee pop 34, switch 56, 78
8  R arm pump 1, L arm pump 2, Rolly 34, run back to original window 5678
8  Big jump out with arms 12, contract and bring arms down 34, step R 5, step L 6, throw arms down and jump up 7, down 8
8  Hop on L with what’s up arms 12, clean 34, step to R and look to L swag 56, switch 78
8  **Step R with R behind head and pop L leg straight out 12, step to L with L arm up and pop R leg straight out 34, travel back 567 while bringing L arm down, clean together 8
8  Step out T 12, genie 34, slice out to R 56, swerve R arm over and down to knee 78
8  Group 1 left leg comes around 12, sit 34, Group 2 repeat 56, 78
8  Thread L foot back underneath 12, sit 34, flick your shirt with R hand 5, L hand 6, both hands 78
8  Collapse down to R 12, jump apart 34, come up in 3 groups chest to front 5 or 6 or 7 hold 8
8  Push away and walk to columns 123, together 4, jump with blade diagonal R or L 56, switch 78
8  Ripple circle front to back 1 or 2 or 3 or 4, finish 5 or 6 or 7 or 8
8  Split back to windows cross punch 12, karate pop 34, step and cross both arms in front of you 56, knee up 78
Hip Hop

8 Pendulum switch to other knee 12, bring it down with arms in what's up on 34, front arm come down on 5, other arm 6, throw both arms up 7 clean 8

8 Breakdown: hips with R arm to half T 12, 34, 56, double hip with R arm at hip 78

8 Slow body circles to face back on 12, 34, 56, hips to R with hands behind head 7, switch to L 8

8 2 Runs 12, land to face stage L 34, roll R shoulder and booty 56, again 78

8 Add on big head circle line 1 12, add line 2 34, add line 3 56, add line 4 78

8 Repeat * to ** but last part run back 567 turn to back on 8 with R arm punch out, look to front and open hand (as if you were dropping the mic) on 1
"Pon De Replay"

Pinball group center w/ feet a part heads down, 2 side groups facing center squatted.

8 Group 1: Hold 1-2, head 3, point R 4, point L 5, point R 6, “DJ” &, Scratch 7&8.


8 Walk RL fingering pointing 1-2, fast step RLR arm swinging across body & clap 3&4&, circle hands wrap fast step 5&6&, R arm lasso and whip 7&8&.

8 Step L 1, dip it low 2, circle body bring it up slow 3-4, walk into 4 columns RLRL 5-8.

8 Lines 1&2 in opposition: Walk out running arms 1-2, step step step arm block 3&4, come on hands popping RL 5-6, wobble 7&, clean 8. Lines 3-4: Hold 1-2, come on hands popping LR (line 3) RL (line 4) 3-4, walk out running arms 5-6, step step step arm blocking 7&8, clean &.

8 Step L 1 arms up hips sit 1-2, arms slice down pose 3, hips rotate race back diagonal 4&, step R L clapping 5-6, step R choo choo arms 7, together 8.

8 3 groups stage R-L, Group 1: Point and walk RL 1-2, back it up 3-4, touch you knee on 5, hold 6-8. Group 2: Down on 1, hold 2-4o, walk RL touch head on 6, hips 7&8. Group 3: Down on 1, hold 2-8.

8 Group 1: Hold 1-4, Group 2: Hold 1-4, Group 3: Walk forward RL 1-2, hit chest 3, circle arms knees in 3-4, all groups: grapevine 5&6&, crazy knees 7&8&.

8 *Slide to R 1, pick up knee 2 cross arms, slide to L 2, pick up knee 3 cross arms 4, double slap thighs 5&, double clap 6&, fingers RLR 7&8.

8 Swing your head to L 1, swing to R 2, triple rib 3&4, run RLR Ole hands 5&6, run LRL Ole hands 7&8.

8 Jazz square L arm up 1-4 arms swinging, hop tap slide 5&6, hop tap slide with finger up 7&8.

8 **Touch/ tap foot 1&2&, shimmy down shimmy up 3-4, walk RL 5-6, come hands 7&, clean on 8 (facing either front or back).

8 Chest pop RL 1&2&, together 3 arms chest, flip around 4&, repeat 5-8.

8 Walk RL 1-2, Pony picking up the L foot 3-4, fast rib pop 5&6&7, jump together clap 8.

8 Repeat * to **

8 Jump Out point to the Sky (Count 1)
"Migos Mix"

Start laying down on your back with R leg crossed over, arms crossed.

8 hold 12 kip up in groups 3456, step R scuff L &7, step L scuff R &8

8 chest pumps leaning R then L (arms throw back in a box position) 12, L arm slap R knee &3, ball change RL waving L arm &4, chest contractions (arms: T, close down palms facing in , straight out in line with shoulders palms facing down, down) &5&6, chest roll R to L (muscle man arms) &7, muscleman arms drop then come back to original position 8&

8 R pony (arms crossed) 1&2&3&, pull on shirt 4&, step RLR (arms: mouth, chest, throw off) 5&6, cross jump out body rolling up 78

8 Scuff L 1, step L facing back &, circle hips R to L (arms: on hips) 23, hip isolation LRL &a4, chacha arms in high dagger 5&6, turn around R shoulder (arms: straighten up then pull back down to high dagger position) 7&, stab R arm forward 8&

8 Three Knee knocks 1&-2&-3&, swipe up or down then lock into place 4&, cabbage patch (pick up by lines) 56 or 78

8 Hold 1, step back onto R arms wiping torso &, hold 2, step back L (arms continue wiping torso) &, hold 3, full turn around R shoulder &4, pose 4, Push/melt out of pose 56 , swing arms down to opposite side bow and arrow 7 , slice arms through (to opposite bow and arrow) pointing fingers 8

8 Throw arms forward/ jump feet together 1, chest contractions arms brush off body from the half T position 2&, feet jump apart (L foot in front) arms to high box 3, two lowering contractions banging palms to tabletop position 4&, slide forward pulling elbows up 5, wipe face then lean back and brush sides 6&, rock RL (start by dipping R shoulder) 78

8 *step R arms out palms facing up 1, step RL (arms: wave through to lock in half T position) &2, ball change LR to face side pressing around straight out &3, slapping arms back &4, cook (arms straighten and switch RLR) 5&6, stir R arm twice leaning to L 78

8 **criss cross arms/ knees lean LRL 1&2, circle arms keeping wrists connected/ lift R foot &3, pull R elbow back &, pull L elbow back 4, step back (R arm stays in air circling) RLR 567, drop R arm by side/ snap L arm up &8

8 repeat * to **

8 look front/ L arm slowly comes down by side 1234, dab R 5, melt out of dab 67, change body direction 8
8 slam R arm to ground 1, melt out of slam 2, scoop 34, walk to columns 5678

8 jump switch transition (left foot jumps back first) 1, hold 2, jump switch 3, hold 4, jump switch 5, hold 6, jump switch 7, hold 8

8 R foot bevel in (arms back) 1, hold 2, switch bevel 3, hold 4, hips twist (R hip accent forward) arms opening up from low to high level 5678

8 Kick R foot dropping chest 12, kick L foot (thunderclap arms) 34, Kick R foot dropping chest 56, kick L foot (thunderclap arms) 78

8 2 hops around R should (arms in high box) 12, step R foot down facing side 3, body switches to opposite side (lower level drops) 4, dab 5, melt out of dab 678

8 2 bounce groove stepping with R (arms behind) 12, 2 bounce groove stepping with L (arms behind) 34, 2 bounce groove stepping with R (arms clap forward) 56, 2 bounce groove stepping with R (R arm tosses twice to left side) 78

8 pencil turn around right shoulder 12, step front with R (arms throw) 34, walk 56, bug (or dab) 78, dab (or bug) 1
“Cardi B mix”

Start in 3 lines feet apart head down

8 Hold 123 snap R arm up sit into L hip 4 look up &. Group 1 snake down walking to pinball 5&6&7& hip RL 8&. Group 2 and 3 hold 567 switch arms 8&.

8 Group 1 slow hip around 123, group 2 snake down walking to pinball 1&2&3& group 1 and 2 cross down 4& slow push of R knee 567. Group 3 hold 123 cross open 4 & snake down to pinball 5&6&7&. Everyone cross point 8&.

8 Drive with R arm stepping L 1 & slide arms up 2 circle in 3 & ok hand forward 4 thumb point stepping 5 slide down 6 punch kick R 7 & 8.

8 Jump in RL arms up & 1 jump in LR arms cross & 2 jump out RL arms down in low V & 3 click front back & uh throw R arm over 4 run low R L 5 & cross arms 6 grove RL 7 & slap R 8.

8 Step out L R facing stage R L arm out & 1 mic drop 2 point R arm forward 3 jump out arms up 4 drop back 5 hold 6 up 7 push around 8 eh & uh.

8 Rock RLRL 1234 walk back to 3 lines 5678

8 Push R arm around 1 punch in 2 quick ripple stage L to R 3&4&5&6& push L 7 R & quick walk in as you roll arms up 8 e & uh.

8 Push in 12 grove RL 34. Lines 1 and 3 step L, line 2 steps R millie rock 5 6 switch 7 8.

8 Lines 1 and 3 push L foot and arms forward 1 & pop 2 rock back R L 3 4 step cross snap arms 5 6 switch and push money arms 7 8. Lines 2 all in opposition.

8 Jump together & look bounce forward 1 2 step back grab mouth 3 arms out in 4 & walk back R L flick arms 5 6 push arms forward 7 step L arms up in high V 8

8 Step together R & L 1 arms in low V rock R L 2 & point down up 3 & sustain 4 step L 5 pop out 6 stomping L foot in 7 out 8

8 Side walk R foot out lines 1 and 3 down, line 2 up on 1 2 & switch L leg lines 1 and 3 up, line 2 down 3 4 & roll up 5 6 shuffle RLL 7 & 8.

8 Pull R arm around 1 2 dolphin to floor 3 4 5 6 stand up 7 to face back 8.

8 Jump rope R 1 & L 2 & run with a body roll upstage 3 & 4 & Line 3 jump up down 5 & line 2 jump up down 6 & line 1 jump up down 7 & quick run RLR 8 e &.

8 Jump out 1 throw L & jump 2 throw R & bring it around to L 3 & 4 L knee up & bounce 5 throw L arm over 6 jump rope RLRL 7 & 8 &
8   Drag forward on R foot 1 bring it around front as right arm circles 2 turn 3 step forward L 4 grab it with L hand & 5 roll with money hand 6 7 patty cake 8 & uh

8   Dip to L 12 touch 3swich 4 touch 5 switch 6 touch 7 hold 8

8   Step back R arms to chest 12 point stepping L 34 step R 56 jump out arms to grab down 78

8   Group 1 step L 1 jump and throw 2 step R 3 L arm no no 4 & uh. Group 2 step L 5 jump and throw 6 step R 7 arm no no 8 and uh

8   Group 3 step L 1 jump and throw 2 step R 3 L arm no no 4 & uh. Walk back to pinball arms to mouth 5 6 down 7 wrist roll R arm up 8 & uh.

8   Push R arm around head to L 12 push down 34 step R with L arm up 5 switch 6 arms down step R 7 feet L R arms cross open 8 & close hands and drop head uh.
"Throwback Mix"

Begin in “Hip hop” pose

8 Hold 1 and 2 and, wipe hands 3 and 4 and, side groups walk R foot arms scooping 5, walk L foot 6, arms RLR scoop 7 and 8

8 Side groups walking out and center group walking up R foot arms scooping 1, walk L foot 2, arms RLR scoop 3 and 4, everyone facing front traveling center stage to make lines jump feet together 5 and, jump again 6 and, run in 7 and 8 and.

8 Jump out R arm wrap front 1, switch arms and, punch R arm down 2, pull R arm up to half T and, hop on L foot over R shoulder 3 and, step down R foot slide L foot back 4, pull feet together and, step out L foot pump R arm out twice 5 and, swing both arms behind back 6, jump on to L foot and, step down with R foot whipping hair in figure eight 7 and 8.

8 Jump feet together knocking kness 1 and 2 and, hop on to L foot bend R knee in 3, turn over R shoulder stepping R foot down and, step out with L foot snap R arm down 4, drop down 5, pop up feet apart 6, three group throw ripple with a lean 7 and 8.

8 Ballchange R L and 1, even lines keep walking stage R on R foot 2, LR together 3 and 4, step out L foot down stage turn knee in out and 5, clap with feet together 6, pony back on R foot rolling body 7 and 8. Odd lines after ballchange on and 1, flip to stage L 2, keep going stage L LR together 3 and 4, step out R foot down stage turn knee in out and 5, clap with feet together 6, pony back on L foot rolling body 7 and 8.

8 Even lines step back on L foot facing up stage pointing at odd lines and 1, chug towards stage L on R foot 2, run back to original spot LRL 3 and 4. Odd lines step out R foot facing down stage pointing at even lines and 1, chug towards stage R on R foot 2, run back to original spot LRL 3 and 4. Everyone jump out matrix body 5 6 stage R half shake down hands on hips 7 and 8, stage L half shake with R hand up.

8 Jump feet together 1 punch arms behind and, jump feet tougher 2, punch arms over in front and, heel toe traveling stage L 3 and 4 and, step out L foot scooping arms 5, throw L arm over and, clean L arm back 6, throw R arm over 6 bringing feet together and, harlem shake 7 and 8.

8 Jump rope runs RLRL 1 and 2 and, kick L foot out 3, jump over L foot and, step down R foot 4, tornado arms over head and, drop down low second plie 5, pop RL and 6 and, run switching lines RLR 7 and 8.

8 Even lines step up stage L foot lasso R am 5 and, turn over L shoulder to the front 6, step L foot down and, pick R foot up to shake 7 and, jump both feet out facing stage L and body roll up 8.
Hip Hop

8 Everyone step up stage L foot lasso R arm 1 and, turn over L shoulder to the front 2, step L foot down and, pick R foot up to shake 3 and, jump both feet out facing stage L and body roll up 4, switching lines back everyone jump on L foot picking up R knee 5, switch feet 6, jump out facing stage R upper cut arms leaning back 7 and 8.

8 Four count break, three groups stage L to R ripple punching R arm down jump feet into lunge L foot front on 1, 2 and 3, everyone turn over R shoulder kick R foot out 4.

8 Ballchange RL and 1, walk RL 2 3, step together taking arms to a crossed position and 4, bounce head around 5 6 7, kick R foot out cracking R arm up 8.

8 Jump out to low second position plie punch R arm out 1, twist R knee in and 2, ballchange RL taking arm to half T then clean and 3, take L arm out in and a, “hit them folks” 4, step R 5, pose down L 6, solos go on 7 and 8.

8 Rocking down stage RLRL 1 and 2 and, in halves run out RLRL 3 and 4 and, rocking RLRL facing out 5 and 6 and, running in RLRL 7 and 8 and.

8 Stage L half step R foot as arms cross open 1 and, step L foot as arms pop shirt 2 and, step R foot pat head 3 and, step L foot looking in 4, hold 5 6 7 8. Stage R half hold 1 2 3 4, step R together L 5 6, L knee out in 7 and 8.

8 Step up stage foot out 1 back together 2, rotate front as you swing arms down 3 4, step out R foot 5, take arms behind kick L foot back and, step L foot and, kick R foot out 6, step R foot back as you rock step touch R tap L L tap R and 7 and 8.

8 Jump out crank arms back 1, hold and 2, crank arms back and, hold 3, crank arms back and, run 4 and, crank arms back 5 hold and 6, crank arms back and, hold 7, crank arms back and, run 8 and.

8 Scoop arms twice 1 2, bring L foot in take arms back 3, punch arms forward 4, shake hips 5, jump front 6, shake hips 7, jump out 8 crossing arms in front.

8 Open arms and, throw R arm up kick L foot out 1, cross arms low 2, open arms and, throw L arm up kick R foot out 3, step R tap L 4 and, step L tap R 5 and, step R tap L 6 and, run RLRL 7 and 8 and.

8 Step out R foot crossing arms in front 1, step R foot front and, kick L foot behind 2, step L foot out 3, turn over R shoulder and, take hands down to knees 4, jump out stage R arms go half T to clean 5 for ending pose.
"Big Things Poppin"

Start in opposition facing center.

8 Scuff and throw arms to box 1, stomp 2, throw arms down 3, look 4, lunge 5&6&, lunge spin 7&8

8 * High knees LRL (arms: high v, cross at shoulders, open) 1&2, put L foot down & low chaine around to back jumping out to front 3&4, triple step run RLR 5e&, triple step run LRL 6e&, groove slide R 7, groove slide 8

8 R leg kick twice pulling R arm 12, 34, ball change to face R pulling arms down to dagger position 56, straighten R arm and wipe forward 78,

8 ** R shoulder accent back 5e&, pull forward elbows accenting back 6, step R and lean into R wiping face with left hand 7, throw R arm to L breaking wrist 8

8 Upper body drop and circle to R 1&, lock to center 2, lean to R lunge (pull R elbow up), bang R fist and rebound jumping feet together and scooping R arm down 34, R arm circles back 6, change body angle to face R diagonal 7, ball change LR (arms: high to low box hands open then close) 8&

8 Lift L leg hips accent back twice (arms in tabletop position) 1&, R arm straightens down 2, prep for turn (or flip) & odd lines: illusion 3, land 4 / even lines: pencil turn 3, land 4, all: R hand above brow isolate head shoulder then torso (presenting arm when torso contracts) 5&6, step onto R with robot arms 7, lock in robot arms then flatten to tabletop pulling L foot in &a, brush arms back then ball change RL 8&a

8 Clap forward opening arms 1, lock elbows in behind torso 2, pull elbows stepping R then L 34, run back opening arms RLRL 5&6&, jump facing L diagonal arms over brow 7, jump to face opposite diagonal 8, slap hands out to cross at wrists &

8 Snake forward pulling arms through to half T 1, lean back throwing arms forward (blades/ palms up) 2, repeat snake groove into throw 34, heel toe footwork 5e&a6e&a, slow motion (press or attitude) 78

8 Drop in squat position (arms back) 1, jump out to face diagonal (elbows connected at sides of torso) 2, front heel opens up twice 34, knock hip to face opposite direction arms pressed out 5&6, roll front arm open then press and contract &7, open front arm again using a straight pull and lifting opposite foot to twist &8

8 Fly arms 1, jump out 2, stinky leg (L arm wave then both arms scoop) 34, re-step out with L 5, slide foot in 6, step out R (arms back) 7, two chugs sliding R foot to L foot/scuffing L foot on second chug &8
Hip Hop

8 Forward clap 1, sit into crab position 2, group 1: R leg kick around 34, bug flip 56, hold 78, handstand 123, land 4 / group 2: R leg kick around 34, rock RL 56, bug flip 78, handstand 123, land 4. Partner A: reach for partner 5&, pull 67, step back onto R foot 8. Partner B: R leg swivel around 5, plant L foot 6, slow-mo roll up 7, step back onto R 8

8 Rebounding kick with L foot 1&, switch high knee to L 2, chug L knee again 3, wipe knee to straighten leg on ground and palms press out 4&, lean L shampoo arms from front to back 5, step R facing side/ arms back 6, shoulders isolate RLR 7&, press away 8

8 Jellyroll 1, pull R elbow back 2, R arm point over then under L arm/ feet shift RLR 3&4, pull arms back to prep facing L 5, double barrel jump 6, land &7, look back then front 8&

8 Repeat * to **

8 Continue repeat * to **

8 Continue repeat * to **

8 Step L to face side and cross arms leaning back 1, stand up 2, repeat lean back 3, stand up 4, groups touch floor with R arm down 5 or 6 or 7, lift up and twist 8, land on floor in ending pose 1
"Go Girl"

Feet together hands clasped in front of you and head down

8 *Scuff R 1, jump out 2, R arm &, L arm 3, shrug up &, down 4, odd lines sway L 5, R 6, chasse L 7&8, even lines sway R 5, L 6, chasse R 7&8

8 Squat 1, out 2, back arm &, front arm 3, T &, half T 4, odd lines step out L with point 56, run back to original lines 7&8, even lines step out R with point 56, run back to original lines 7&8

8 Odd lines move back and even lines move forward, ponies 1&2, with cross arms & 3, up down & 4, ball change RL & 5, step R, odd lines that moved back jump out to knock R arm high 7&8, even lines that moved up jump out to knock R arm low in plie 7&8

8 Move back to original lines with same choreography as the 8 count before this with switching knock arms high and low 7&8

8 Push R down 1, through &, down 2, throw with L knee &, L down 3, punch L down with R knee &, kneels out 4, in &, out with L arm throwing 5, face L &, running man L 6, R 7, turn and knock to front 8

8 **1st and 2nd lines swipe to ground 12, thread 34, hold 56, arch up 78. 3rd and 4th lines knock again 12, swipe to ground 34, thread 56, arch 78

8 Shake booty 1, snap 2, hip roll 3, slide 4, tap L across 5, open &, swipe back 6, step &, R heel to heel 7&8

8 Heel twist 1, step L out &, kick ball change R 2e&, farmer 3&4, turn around & 5, pull down to L 6, feet together 7, look front &, pump R and step L out 78

8 Rock hands and hips opposite 1&2, step L down &,. kick ball change R 3e&, chug L knee 4, R &, Step R 5, turn and step back L 6, triplet RLR 7&8

8 Run on L & R 1, Step L 2, wobble back 34, slide R around 5, step down 6, run R out 7, L out &, step L down with guitar 8

8 Stage R half run back on RLR 1&2, hold 34, Stage L hold 12, throw football 3&4, All ball change RL & 5, L knee up 6, kick R out 7, ball change RL & 8

8 Repeat * to **

8 Shake booty 1, snap 2
"Express Yourself"

Start in poses up or down.

8 Hold 123, pose &a, hold 4, melt into next pose 5&6, hit pose &a, hold 8

8 Melt 123, pose &a, hold 4, wrist roll 5&6, R arm open 7, cross R arm over &, pull R arm in a, two pumps out 8&

8 Swipe R arm across 12, elbow jump pull L 3, elbow jump pull 4, jump push arms to R 5, jump push arms to L 6, circle right to left 7, odd line (pull elbow) and even line (snap) 8&

8 Melt 123, pose &a, hold 4, wrist roll 5&6, R arm open 7, cross R arm over &, pull R arm in a, two pumps out 8&

8 Slow body circle to left 12, heel toe footwork on R foot &3&, pull arms to low box and kick up right foot 4, descending contractions (arms in box, palms facing down) 5&-6&-7&, jump feet to second position and circle arms down 8

8 * R arm hits L arm around to lock L arm crossed over to R side (blades) 12&, hold 3, tornado around head 4, R arm wraps waist/ L arm straight with palm open up &, hold 5, L arm closes over waist/ R arm opens to high box with fingers facing up 6&, hold 7, snake R arm through to L side then L arm meets R 8&

8 **hold 1, wrists break up then pull arms in to chest 2&, hold 3, arms snap to T position looking up then pull elbows in looking forward 4&, hold 56, twist to face R (R arm up/ L arm down) 7, R arm shampoos around head from front to back meeting L arm 8&

8 step R then L alternating vogue arms 1&2&, level ascending groove opening to R then L 3&4&- 5&6&, groove opening to front 7, cross at wrists 8, body roll down to squat position &

8 hold 1, R then L arm open up to high V position 2&, hold 3, snap wrists looking up 4, squat over to L knee &, wrists roll 56, pose R arm straight/ L arm behind head 7, circle closing R arm forward &. contract (out then in) a8, fast contraction &

8 melting out of fast contraction 12, R arm swoop across 3, circle then snap up R arm 4&, (group work/pickup) footwork: step LR while R arm circles accenting out 5&-6&-7&-87

8 jump out opening checkmark 1, close checkmark/ contract &, jump out opening checkmark 2, close checkmark/ contract &, jump out opening checkmark 3, close checkmark/ contract &. jump out opening checkmark 4, close checkmark/ contract &. walking RLR whacking arms switching RLR 5&6, jump to front arms in T position 7, circle arms in &, arms behind head looking up &8, head look front &

8 contractions with arms behind head (chest goes out then in) 1&2&, continuing contracting with arms on hips 3&4&, snake 5, snake 6, run RLRL 7&8&

8 heel twist footwork RLRL 1&-2&-3&, arms throw 4, fold over/ throw back ( in opposition by lines) 56, fold over/ throw back ( in opposition by lines) 78
8 jump out 1, 2 claps 2&’, swipe across 3, jump feet apart L foot in front 4, lean then tap L (puppy paw arms) 5&’, lean then tap R (puppy paw arms) 5&’, jump rope kicking LRLR (arms down then straight above dead)

8 step R foot back (elbows connected to sides) 1, circle arms down turning around R shoulder then locking out to the T position 23, slap hips leaning R then L 4&’, squat pose 5, tornado arms to opposite side 67, stand up leaning into arms 8, throw arms back leaning back &

8 weight centered facing front/ R arm snap out 1, circle down and around 2, lock out R arm across body 3, pull R foot into bevel and R elbow back 4, switch bevel leaning into L/ L arm snapping out to T position &’, walk with hands on hips switching lines 567, step out 8

8 jump feet together 1, clap over R shoulder &’, switch arms to L side 2, clap over L shoulder &’, jump feet apart 3, clap over R shoulder &’, switch arms to L side 4, clap over L shoulder &’, jump feet together 5, double clap over R shoulder 6&’, R knee twist slapping foot 7&’, chest open (T position) then closes 8&

8 step back R (double thunderclap) 1&’, step back L (double thunderclap) 2&’, step back R push clap front 3, step back L (arms snaking by sides) 4, jump switch running position 5, hold 6, drag turn around R shoulder 78

8 repeat * to **

ending starts : scooping on 56, slam ground (by lines) 7 or 8, all pull up to feet together arms crossed position for ending pose 1
"Here We Go"

4 Lines bring dancers together into 1 clump.

8 All dancers hold 1-4, Soloist: snake up 5-7 close arms 8. Rest of group: shift heels/ body R 5-8.


8 All dancers pulse 1-4, small group stand up on 4, all dancers pulse 5-8 small group stand up on 8.

8 All dancers pulse 1-3, all dancers stand up feet together 4, walk to 4 lines with arms throwing RL 5-6, both arms throwing feet together 7-8.

8 Jump out roll arms 1-2, look R & push down LR 3-4, heel twist L 5-6, arms cross body jump together 7&8.

8 L foot cross point 1, step back R headphones 2, slice arms ball change RL 3&4, “hit it” 5-6, swim & pull forward LRL 7&8.

8 Snatch arms 1-2, wipe it down 3-4, small steps w/ body rock transition into 1 line 5-8.

8 Throw arms down RL 1-2, Bernie 3-4, clean 5, reverb R shoulder 6, hold 7, step back into original lines &8.

8 Top Rock LR 1-4, jump and push down 5-6, around the world floor touch 7&8.

8 Knee slide L 1-2, knee switch hands on floor 3-4, punch down jumping up 5-6, throw arms in the sky 7-8.


8 Groups front to back: Group 1 throw L arm 1-2, group 2: throw R arm 3-4, group 3: throw L arm 5-6, group 4: throw R arm 7, all dancers clap on 8.

8 Right foot Farmer groove traveling back to original lines 1-4, cabbage path L 5-6, body roll R with arms 7&8.

8 (4 Count) Lines 1&3: Snake LR 1-4, lines 2&4: walking snake LR walking through lines 1&3 1-4.
Hip-Hop

8 Roll off 4 groups L to R: Group 1: Reach bridge 1-2, Group 2: Holding down 1-2 reach bridge 3-4 hold 5-8 Group 3: Holding down reach bridge 5-6 holding 7-8, Group 4: Holding down 1-6 reach bridge 7-8.

8 Drop down to the floor 1, prep head stand 2-4, spin taps front 5-6, side 7-8.


8 Grab head swim forward quick peel off on 1234 step pull from the ground 5678

8 House push RLRL 1234 jump forward then back 5&6&7&8

8 Hands up sweep R leg around 1 tap foot 2 with R hand behind head jump forward to R foot 3 scoop L foot & bring to L knee 4 push forward step on L foot 5 together 6 push forward R 7 together 8.

8 Party jack L 12 R 34 kick R out 5 in & jump out 6 repeat 7 & 8

8 Spin grove in a circle to L sweeping R arm forward 1234 drop down 5 hold 67 pulse &8
“Rock ya body”

Start in clump crouched down head down

8 Hold 123 lines 1 and 3 come up rock RL 4 & lock it in 5 hold 678. Line 2 and 4 hold 567 come up rock RL 8 &

8 *Step R with L arm up 1 in 2 step L arms in broken T 3 in 4 scoop front 5 push down 6 step L 7 double step R 8 &

8 Slide R leg out 1 step RL 2 & switch L 3 4 & moving into 2 lines groove L R 5 6 throw Ro arm over 7 together 8.

8 Repeat *

8 Rock R 1 pull in 2 hands in “1” 3 in “2” 4 push back 4 to chest 6 arms up 7 together 8

8 Shake it 1 and 3 step R 2 and 4 step L 1&2&3&4& pop downstage with upstage arm up 5 6 cross upstage arm back 7 circle around lines 1 and 3 facing stage R 2 and 4 facing stage L 8

8 Walk RLRL switching windows 1234 run switching lines and windows 5&6&7&8

8 Jump out R hand to shoulder L hand behind back 1 R elbow forward 2 L arm flick out 3 hands behind head 4 pull L to R 5 step front going down or snap up with L arm 6 hip RR 78

8 Big kick R leg 1 together 2 pop 3& throw L leg 4 turn to face side 5 jump out 6 pop 78

8 Step facing upstage walking downstage with arms up 12 scoop to front 3 together 4 jump out big body roll up 56 hip RLR 7&8

8 Step back L foot pushing R arm forward 1 clap it 2 step R pushing L 3 clap 4 run to original spot 5&6&7&8

8 Slide L with arms up 1 group 1 down 2 slide 3 step L foot 4 switch down 5 step R 6 come up 7 jump up 8. Group 2 hold 23 down 4 slide 5 step L foot 6 switch down 7 step 8. Group 3 hold 2345 down 6 slide 7 step L foot 8. Group 4 hold 234567 drop 8.

8 Group 1 grove out RLRLRL arms out in 123456. Group 2 come up 1 jump up 2 grove out RLRL arms out in 3456. Group 3 switch down 1 step R 2 come up 3 jump up 4 grove out RL arms out in 56. Group 4 slide front 1 step L 2 switch 3 step R 4 come up 5 jump up 6. Everyone pony back on R arms cross 7&8.

8 Slide with L foot R arm pulling back 1 together 2 slide R pulling L arm back 3 together 4 wrist roll up stepping out R 5 cross 6 pull open 7 snap it up 8.
“2 Step Mix”

Facing front feet apart hands down

8 Hold 1 2, three groups arms punch through half T on 3 4 or 5 6 or 7 8.

8 Up group hop on R foot 1 2, hop on L foot 3 4, run down R L R L 5 6 7 8. Down group step R 1, “walk it out” L R L 2 3 4, step R 5, “walk it out” L R L 6 7 8.

8 Hop cross out 1 2, double hop one foot up 3 4, cross out 5 6, flick foot back 7, down 8.

8 Snake down 1 2, double hop back 3 4, step L R 5 6, head pop or arm push 7 and 8.

8 Slide L foot out 1, in 2, knee knock L R 3 4, step L 5 6, heel kick in out 7 8

8 Step down L foot 1, together 2, “get silly” 3 4 rolling arms, “get silly” shaking arms 5 6, jump out R arm up 7, down 8.

8 *Group 1 up R chug arms 1 2, L chug arms 3 4, down walks R L R L 5 6 7 8. Group 2 down walks R L R L 1 2 3 4, R chug arms 5 6, L chug arms 7 8.

8 **Group 1 down walks R L R L 1 2 3 4, R chug arms 5 6, L chug 7 8. Group 2 R chug arms 1 2, L chug arms 3 4, down walks R L R L 5 6 7 8.

8 Step R foot 1, grab arms down 2, jump feet out roll arms down 3, pop with knees going in out 4 5, jump on to R foot 6, jump on to L foot 7, step down R foot 8.

8 Slide out on L foot 1 2, wrap arms 3 4, double hop R foot lasso R arm 5 6, switch to L foot 7, step down 8.

8 Lean back wipe arms 1 2, wipe arms again 3 4, step L R L 5 and 6, pop 7 8.

8 Cross out with arms up 1 2, double hop around 3 4, run back R L R 5 and 6, step L foot in 7 hold 8.

8 Step out with L foot 1 2, step back in with L foot 3 4, step out L together L 5 6 7, down 8.

8 Bug 1 2, head stand 3 4, pike 5 6, headspring 7 8.

8 Repeat * to **

8 Punch in 1 2 3, drag out 4, lean back 5 6 7, hold 8.

8 Shake around 1 2 3, take arm to should 4, jump out punch arms out 5, roll 6 7, back out on 8.
8 Three group jump feet together take R arm up on 1 or 2 or 3, crack 4, run L R L 5 and 6, swing clap 7, hop 8.

8 Run back to center R L R L 1 2 3 4, “walk it out” 5 6 7, jump out 8 with R arm up.

8 Drop arm on 1 for ending pose.