# (1) INTERVAL

#### We Dance 0n > 4:45 mins

-		MUSIC			SEQUENCE/EXERCISE	CTS	REPS	Heli
0:00	QC	I'm gonna	8x8		Run OTS. RA	64		1
					RUN & KICK COMBO			2
0:23	Instr	(Melody)	16x8		Run F. Double Arm Reach Up & Clap x8	16		
					Single Kick L, R x 4. Single Arm Punch F	16		
					Run B. Double Arm Reach Up & Clap x8	16		
					Single Kick L, R x4. Single Arm Punch F	16	2x	
1:11	V1	Watch me	4x8	Α	Single Side Flick L, R. Side Arm Raise	4	8x	1
			4x8	A <sup>1</sup>	Double Side Flick L, R. Double Arm Reach Up	8	4x	
1:34	Instr		8x8	В	@ RUN & KICK COMBO	64		2
1:57	С	I'm gonna	8x8	C	Single Knee F L, R x4. Single Arm Punch Up	16		3
					Single Kick L, R x4. Single Arm Punch F	16		
					Single Kick L, R. Hold Arms Up	12		100
					Single Kick L, R. Single Arm Punch F	20		14
2:20	V2	Watch me	24x8		REPEAT SEQUENCES A1, B, C			
					JOG OTS COMBO		-In-	1
3:31	QC	I'm gonna	8x8	D	Jog OTS. RA	32		
					Jog OTS. Bent Arm Side Raise & Clap	2	16x	
3:55	С	I'm gonna	12x8	В	© RUN & KICK COMBO	64	1½x	3
					KNEE & KICK COMBO			1727
4:29		I'm gonna	4x8	E	Single Knee L, R. Hold Arms Up	12		15
					Single Kick L, R. Single Arm Punch F	20		113.10

# **AEROBICS TRAINING**

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Track Focus I want my class to feel warm and motivated for the class ahead.

ATTACH POSITION	
Chest up	
Abs in and braced	
Shoulders back and down	
<ul> <li>Lengthen the back of the neck, chin in slight!</li> </ul>	y, eyes iorwara
Maintain and coach Attack Position for all moves	$\bigcirc$
REPEATER	_
Bend front knee and get low to warm up legs	$\bigcirc$
<ul> <li>Keep back heel up</li> </ul>	$\bigcirc$
Weight in front heel to stabilize knee	
WALK FORWARD & BACK & STEP CURL COMBO	
Chest up	$\bigcirc$
Knee lifts in the Walk Forward	$\otimes$
Heel lifts in the Walk Back	$\times$
Step wide in the Curls	U
SQUAT TAP	
Down and up	$\cup$
DOUBLE STEP TOUCH	
Hips back	
<ul> <li>Heels down, knees bent</li> </ul>	Q
• Sink low	$\bigcirc$

#### COACHING

Prepare your class for the workout ahead. Focus on coaching great technique from the get-go. In the Walk Forward and Back use travel to get into the workout intensity.

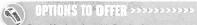
## CONNECTION + FITNESS MAGIC

Connect the participants to the music in the chorus. Big smiles and enjoy the music and moves with your class. Strong song for a strong start.

## GEARS COACHING

GEAR 1 the whole track. Encourage bigger steps forward and back in the chorus as the track progresses.





• Run – March or Jog with Running Arms

• Side Flick – Side Tap

Kicks – Tap or Low Kick

• Knee Lifts - Stay grounded