

8 INTERVAL

Like A Rainbow > 5:40 mins

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEAR
0:01 Intro I will reach 8x8	Run OTS Run OTS. <i>Open Clap</i>	32 32		1
0:24 V1 _ Just say 8x8 A	RUN OTS. SLOW ARM COMBO <i>Double Cross Fists</i> <i>Reach Up Blade Hands</i> <i>Cross Fists</i> <i>HOH</i> RUN OTS. FAST ARM COMBO x2 <i>Double Cross Fists</i> <i>Double Bicep to Side Fists</i> <i>Cross Fists</i> <i>HOH</i>	2 2 2 2 1 1 1 1 1 4x		
0:48 PC I will reach 8x8 A ¹	Slow & Fast Arm Combo Move F Slow & Fast Arm Combo Move B	16 16	2x	
1:11 Build I will reach 8x8 B ¹	Single Side Flick L, R. <i>Side Arm Raise</i>	4	8x	2
	B ² Single Side Flick L, R. <i>Double Arm Reach Up</i>	4	8x	
1:35 C I will reach 8x8 C	RUN & KICK COMBO Run F. <i>Double Arm Reach Up x4</i> Single Kick L, R x2. <i>Single Arm Punch F</i> Run B. <i>Double Arm Reach Up x4</i> Single Kick L, R x2. <i>Single Arm Punch F</i>	8 8 8 8	2x	3
1:58 Instr (Synth) 4x8 D	Knee & Kick L, R. <i>Single Arm Punch Up then F</i>	8	4x	
2:10 (Synth) 4x8 E	Single Kick L, R. <i>Single Arm Punch F</i>	4	8x	
2:22 Br 2x8 F	Jog OTS Recovery	16		1
2:28 V2 _ Just take 40x8	REPEAT SEQUENCES A TO F			
4:25 QC I will reach 4x8 F	Jog OTS	16		1
	B ¹ Side Flick L, R. <i>Side Arm Raise</i> B ² Side Flick L, R. <i>Double Arm Reach Up</i>	2 2	4x 4x	2
4:49 C I will reach 8x8 C	RUN & KICK COMBO	32	2x	3
5:12 I will reach 4x8 D	Knee Kick L&R. <i>Single Arm Punch Up then F</i>	32		
5:24 I will sail 4x8 E	Single Kick L&R. <i>Single Arm Punch F</i>	32		

AEROBICS TRAINING

2

Track Focus I want my class to connect to the music, respond to it and really enjoy themselves.

TECHNIQUE + COACHING CUES

Maintain and coach Attack Position for all moves

RUN FORWARD & BACK COMBO

- Strong upper body
- Strong arms side and over head

STEP CURL

- Heel down on grounded foot
- Knees out, aligned over middle of feet
- Hips back slightly

GALLOP

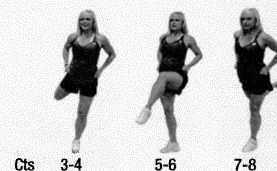
- Sink down and lift up
- Heel into floor to push off

GALLOP & STEP CURL BACK COMBO

- 3x Curls
- Step back, step up, step side
- Lift heel as you turn away

SIDE FLICK

- Hips and shoulders square to front
- Strong arms forward to shoulder height



COACHING

Step Curl – Knees out, butt down

Gallop – Bend knees and drop butt

Gallop & Step Curl Back Combo – Cue: 1x Gallop and 3x Curls, then Follow-up Cues: Step back, step forward, then lift heel as you turn away

Run Forward & Back Combo – Increase the distance we travel, come right forward

CONNECTION

Have fun with the whistles; how can you bring them alive? Play with them in the verses, allow the class to hear them, then ask participants to respond to the next one.

GEARS COACHING

Coach the progressions in the Gallop:

GEAR 1: Use the verse to set up the move

GEAR 2: Build into the Gallops with stronger cues. Lift your voice volume and energy in the Gallop & Step Curl Combo

GEAR 3: Push a little more into the Run Forward. Drop back in the third verse to set up combo
Dramatic lift in energy and feel into the last combo with direction change. Stay in GEAR 2, just at a higher level



KNOW IT? SHOW IT! When do you move into Gear 3?