

**We Dance On > 4:45 mins**

**OPTIONS TO OFFER >>>>>>>>>**

- **Run** – March or Jog with *Running Arms*
- **Side Flick** – Side Tap
- **Kicks** – Tap or Low Kick
- **Knee Lifts** – Stay grounded

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**and my focus** I want my class to feel warm and motivated for the class ahead.

### ATTACK POSITION

- Maintain and coach Attack Position for all moves**

### WALK FORWARD & BACK & STEP CURL COMBO

- ### SQUAT TAP

- *Down and up*

### DOUBLE STEP TOUCH

- *Hips back*
- *Heels down, knees bent*
- *Sink low*

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.

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.

## REFERENCES

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



**KNOW IT? SHOW IT!** What simple cue can we use to encourage great posture?