

**CROSS
SHAPE - RUN
& FLICK +
RUN & JACK
COMBOS**

MUSIC			SEQUENCE/EXERCISE		ETS	REPS	GEAR
0:00		Boom	6x8	Run OTS. <i>RA</i>	48		1
0:18	Instr		8x8	Side Flick L, R. <i>Side Arm Raise</i> Jumping Jack. <i>Double Arm Reach Up</i>	4 2	8x 16x	2
0:42	V1	Saw	6x8	A Run F. <i>Double Arm Punch F</i> x4 Side Flick B L, R x2. <i>Side Arm Raise</i>	8 8		1
1:00	C	Boom	8x8	A ¹ RUN & FLICK CROSS SHAPE COMBO Run F. <i>Double Arm Punch F</i> x4 Side Flick B L, R x2. <i>Side Arm Raise</i> Turn L ① (On last Side Flick, turn L 90°) ① to L side ② ② to the back ③ ③ to the R side ④	8 8 16 16 16		2
1:24	Rep	Heart	4x8	B Jumping Jack. <i>Double Arm Reach Up</i>	2	16x	3
1:36	V2	Knew	18x8	REPEAT SEQUENCES A to B			
2:30	Rep	Boom	4x8	C Double Knee L, R. <i>Single Arm Punch F</i>	8	4x	1
2:42		Boom	4x8	C ¹ Double Knee Crossover L, R. <i>Double Arm Punch F</i>	8	4x	2
2:54		Boom	4x8	C ² Double Knee Behind L, R. <i>Double Arm Punch F</i>	8	4x	3
3:06	PC	You	2x8	Jog OTS. <i>RA</i>	16		1
3:12	C	Boom	8x8	A ² RUN & JACK CROSS SHAPE COMBO Run F. <i>Double Arm Punch F</i> x4 Jumping Jack B x4. <i>Double Arm Reach Up</i> ① (On last Jumping Jack, turn L 90°) ① to L side ② ② to the back ③ ③ to the R side ④	8 8 16 16 16		3
3:36		Boom	8x8	A ² ① RUN & JACK CROSS SHAPE COMBO	64		
4:00	Ref	Boom	4x8	D Side Flick L, R. <i>Double Arm Reach Up</i>	4	8x	
4:12		Boom	4x8	B ① Jumping Jack. <i>Double Arm Reach Up</i>	2	16x	

- **Run** – March
- **Double Knee Crossover** – No bounce/Double Knee On The Spot
- **Jumping Jack** – Side Flick or Tap

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TECHNIQUE + COACHING CUES ✓

- Hips back and weight in heels
- Hips and shoulders square to the front
- Push off the ground to activate the glutes and get more power
- Knees in line with the middle of the foot

- **Agility 3-Step Run** – 3-Steps to side and Knee Lift
- **Jog On The Spot & Fast Sprint On The Spot** – March and Wide March
- **Touchdown** – Step wide and touch down at knee height

Coach technique – Lean away from opponent, then push through the heel to engage the glutes



Feel free to use any sports imagery from your own country to connect your class to the music and movement.

KNOW IT? SHOW IT! How can you coach the Heisman really effectively?