

Hand & Arm Positions – “Can You Move It Like This” (Combo 1)

PROP NEEDED: Maracas

Notes for the teacher: Have the dancers yell out the arm position when they do it (i.e., “High V”, “T,” or “Low V,” so they understand the terminology)

16 CT INTRO: 8 claps at forehead

Part A: TEACHER NOTE - Every class, alternate whether you do blades, fists, or jazz hands in this section!

8cts – 4cts: Jump Out – legs apart/Hands to Low “V”, 4cts: Jump together/roll hands

8cts – Repeat above eight count, this time bringing arms to “T”

8cts – Repeat above eight count, this time bringing arms to High “V”

8cts – Twist down/up (or let the kids “freestyle”)

16CT BREAK: Go grab Maracas and come back to spots!

Part B:

16cts: Repeat the below 2x

- 2cts: Step out with right/bring right maraca to right “High V”
- 2cts: Leaving right arm up, Step out with left/bring left maraca to left “High V”
- 2cts: Step in with right foot/bring right maraca to hip
- 2cts: Step in with left foot/bring left maraca to hip

16cts: Repeat the above eight counts, this time bringing the maracas to the “Low V” position

REPEAT PART A: Everything is the same, except, instead of Jumping together and rolling hands, you will jump together and shake the maracas!

1CT END: Pose
