

“Turkey Hoedown” – Warm-up/Isolations

Artist: Christopher “Zondaflex” Tyler – Mr Chris Holiday Mix Tape (TDP Cut)

Instructions: Follow Music

Wait: 16cts

PART A:

- 8cts: Shake Hips side to side
- 8cts: Shake Hips front to back
- 8cts: Circle Hips
- 8cts: Flap Elbows like wings
- 8cts: Find a partner and grab both hands – facing each other
- 16cts: 2x - Pull in (4cts), pull-apart (4cts)
- 16cts: Link arms with partner and circle
- 8cts: Freestyle
- 8cts: Wiggle Arms
- 8cts: Wiggle Feet
- 16cts: Flap elbows like wings

REPEAT PART A

END:

- Pose “And that’s how you do the Turkey Hoedown”
- Final Pose