

ROCK & ROLL

Visual: 1950s diner, guitar strumming, Buddy Holly

LONG & SHORT x 4 Kicks travelling forward, x8 steps travelling back (crouched over the knees) 3 sets. When repeated, these can be jumped and travelled in a circle.

FLICKS & KICKS x 2 high kick to each side, x 2 low kick to each side. x2 cross open kick each side, x 4 double time with jump.

BOOGIE BACK JAZZ SLAP x4 deep squat travelling back slap thighs, x4 jazz slap travelling to one side and then repeat both. 3rd set, changing BB deep squat x 4 and then guitar.

LONG & SHORT last step is x5 single, single, double, free for all.

Short hand

2 8s intro, 4 kicks, 4 claps

Set 1

Long & short (no jump)

Flicks & Kicks

Long & Short (jumping)

Boogie Back Jazz Slap

Flicks & Kicks

Long & short

Boogie Back Jazz Slap

Long & short single, single, double x 5

Finish : air guitar

TIPS

In Long and short and Flicks & Kicks, get a straight leg in the kicks and show the highs and lows (get down over the knees)

Also get a full extension in the arms when they are high up in the air, to get a full work out.

Build the intensity with the jumps and hops in the kicks.