**AFRICAN (High impact)**

Visual: Lion King, earthy, weight into the ground (keep low)

**TOE TOUCHES** adding arms, then adding circle of arms (building with knee lifts)

**AFRICAN CRABBING** side to side (building on toe touches)

**BOX STEP** 2 on one side, 2 on the other side, no arms…

then repeat with arms (always think if the top arm)

**BEYONCE’** Isolation upper body shakes

**AFRICAN BASIC** start with box step x 2, then knee lifts turning

Shorthand

Music: no intro

Set 1

Stretches x 2 start with circle arms out, lean forward and hold, circle arms reversed,

hold look up the sky

Toe touches x4

Toe touches with arms x 4

Toe touches with full circle arms x 4

African crabbing

Box step

Beyonce’

African basic x 2

Break step: pelvic tilts: 4 slow, 8 fast

Set 2

Toe touches x4 + knee lifts

Toe touches with arms x 4 + knee lifts

Toe touches with full circle arms x 4 + knee lifts

African crabbing + knee lifts

Box step

Beyonce’

African basic x 2

Finish with stretches x 1

TIPS

Keep it low in deep squat, body pitched forward

Box step arms, always opposites and think of the top arm and try and straighten arms as much as possible