**MAIN SECTION**

Music source JumpyBumpy CD Licence Free BPM (range) 135 – 150

Choreography Style: 32 count routines built using block add on and layering

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| Music breakdown – counts / reps etc | Exercise | Teaching / coaching points including intensity checks  | Progressions (H) – regressions (E) – any other modification or adaptions (optional) |
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| Group told to keep moving – explain we are going into the Aerobic Curve – building up to 7/8 on the 1-10 scale. Advise OK to take on water when needed – watch out for others moving around and be aware of your personal space. I will offer options – we are aiming for a CV challenge but I will offer low impact and lower intensity options throughout. We are going to start with the routine we already know from the Warm up. As we know this, I am not going to reteach it – give a verbal recap and explain we will start to add changes to make it harder |
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|  | **Routine A**  |  |  |
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| 32 counts | Step touch (8)Grapevine RL (8)Half Jack (8)V Step (8) |  |  |
| **I will reteach Routine A using Layering** to increase the intensity for Main. I will aim to do this using Preview but if necessary I will use Demonstration and Rehearsal so the group can practice each change before we do it. The full jack is a move that I will probably ask the group to rehearse first for technique and safety |
| 32 counts x 2Layer first block of 8 | Pony (8) then the Vine Jack V as normal | Pony Layer - Soft knees – landing light on the feet |  |
| 32 counts x 2Layer second bock | Pony (8)Vine with a knee hop Then the Jack + V as normal | Add Vine Layer– hips forward – lead with the heel | Can curl instead of Knee (O)H – Big pull down armsE – as per warm up |
| 32 counts x 2Layer third block | Pony (8)Vine + Knee hop (8)Full Jack x 4 (8) then normal V step x 2 (8) | Add Full jack Layer – soft knees – heels down – control the arms to shoulder height – make sure knees track with the toes and don’t drop inwards | E half jack with a hopE stay with warm up version – side tap |
| 32 counts x 2Layer fourth block | Pony (8)Vine + Knee HopFull Jack (8)V Step with a jump back) | Add V step Layer - Bend the knees on the step forward – go deep to add intensity with a light jump jump back | H – add in arm lines (punch punch pull pull)E – as per warm up or an E-zy walk. |
| Repeat a few times with all layers in place. Intensity checks to make sure people are going up the curve towards the maintenance Zone. Maybe a 6-7. If people are too high then remind to take out some of the harder options and just keep moving. They need to keep something in reserve as we are not yet at the peak! By teaching layers the group will know both the lower and higher options.**Routine B** has a combat theme. **I will teach this using add on**. This combo starts OTS with an option to travel the punches if I feel this is right for the group today.4 punches right – 4 punches left – 4 front punches with knees – skip OTS. I will be mainly teaching the routine using the level of exercise appropriate for Main and so I must make sure I show the lower options. They won’t automatically get to see these lower options as they would with the layering approach used for Routine A |
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| Part 1Working to beat and phrase | Start with demo and group join in4 punches R (8)4 punches L (8)Start OTS and then travelNB everyone travels otherwise we will stay OTS as a group | R leg out/in high impact. with the punch (as per a half jack type move)Look in the direction of your punchKnuckles up on the punchElbow back to the ribs each timeKeep your guard upSoft elbow as you extend the punchCheck with the group and layer in travel R and L as we punch. Cue in so we all move together. | Step out with the punch – no jump (E)H&S make sure to cue regarding space for the punches --- look where you are punching and watch out for your neighbours! |
| Part 1 = 16 counts and so we will use the next two moves to = the final 2 blocks |
| Part 2Working to beat and phrase | JOTS holdDemo high impact knee lifts with front punchGroup join in | Standing leg soft at the kneeKnee comes to hip height | MOTS holdCan punch to the sky (H)Low impact knee lift (E)Can leave out the punch for E- |
| Part 3 Working to beat and phrase | Skipping OTS | Light on the feet – soft knees – imagine turning a rope – shift weight side to side – can stay on the toes for this one. | March OTS (E)Harder – flutter kick or knees up |
| Add parts 2 and 3 together and repeat as needed | Knee punches (8) + Skipping OTS (8) |  |  |
| Put 1, 2 and 3 together 4 x 32 | Travel punch R (8)Travel punch L (8)Knee punch OTS (8)Skipping (8) | Reinforce TPs based on observation of group | Step the punch R&LLow impact knee punchMOTS the skip |
| **Add Routine A and Routine B together. Intensity check – reinforce options – praise – motivate.****Add a countdown on the skipping 8-7-6-5-4-3-2-1 for fun. Reinforce all key TPs – staying strong in the core – make sure to show the lower options throughout as reminders** |
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