**  
Trolls September**

Music by Justin Timberlake and Anna Kendrick & Earth, Wind & Fire [[iTunes Link](https://itunes.apple.com/us/album/trolls-original-motion-picture-soundtrack/id1154238159)]

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| **Movement Name** | **Movement Description** | **Counts** | **Lyrical Cue** |
| *Freestyle during the song’s introduction (five 8-counts)!* | | | |
| **Verse 1** | | | |
| Run in place | Run in place with high knees, stepping on the beat | 1-2-3-4-5-6-7-8 | Male voice begins singing |
| Jump in place | Perform small jumps in place, landing on the beat | 1-2-3-4-5-6-7-8 |  |
| Dip and Press Up the Sky | With feet shoulder-width apart and fists at your shoulders, squat down. As you straighten up, press your fists over your head | 1-2 3-4 5-6 7-8  1-2 3-4 5-6 7-8 |  |
| Heel Rock Step and Cha Cha | Rock forward on the R heel, step back onto the L foot. Three quick steps (R-L-R)  Rock forward on the L heel, step back onto the R foot. Three quick steps (L-R-L)  Repeat 2 more times | 1-2 3-&-4 5-6 7-&-8  1-2 3-&-4 5-6 7-&-8  1-2 3-&-4 5-6 7-&-8 | Female voice begins singing |
| Walk in a Circle | Take 8 small steps to walk in a circle. Feel free to have fun with your arms! | 1-2-3-4-5-6-7-8 |  |
| **Chorus** | | | |
| The Backpack Kid | Swing hips to the front R diagonal while you swing your fists to the back L diagonal.  Then swing hips to the back L diagonal while you swing your fists to the front R diagonal  Swing hips to the back R diagonal while you swing your fists to the front L diagonal  Then swing hips to the front L diagonal while you swing your fists to the back R diagonal  Repeat in reverse to “circle” in the opposition direction. Perform this movement for four 8-counts | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 | Ba de ya |
| Shimmy and Jump Turn | Bounce your hips and shoulders, then jump 4 times clockwise to face the back of the room. Repeat to face the front of the room.  Repeat in reverse, turning counter-clockwise | 1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8 | Ba duda |
| **Verse 2** | | | |
| Touch Back with Soft Punches | Touch the R foot back and punch forward with the L arm  Touch the L foot back and punch forward with the R arm | 1-2 3-4 5-6 7-8  1-2 3-4 5-6 7-8  1-2 3-4 5-6 7-8  1-2 3-4 5-6 7-8 | Female voice begins singing |
| Ride the Horse and Lasso | Gallop with feet wide like you are riding a horse. Ride with hands together for 8 counts, then ride with your R arm in the air for 8 counts, then ride with your L arm in the air for 8 counts. Finally, ride in a circle! | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 | Male voice begins singing |
| **Chorus** | | | |
| *Repeat the Backpack Kid* | | | Ba de ya |
| Shimmy and Jump Turn | Bounce your hips and shoulders, then your R foot in front of your L foot and turn clockwise to “unwind” your legs and face the back of the room. Repeat to face the front of the room.  Repeat in reverse, turning counter-clockwise | 1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8 | Ba de ya |
| **Interlude 1** | | | |
| Up Up,  Side Side,  Down Down,  Jump Jump | Point your R arm up in the air and then point your L arm up in the air  Point your R arm out to the R and then point your L arm out to the L  Point your R arm down to the floor and then point your L arm down to the floor  Jump 2 times  Repeat 3 more times. | 1-2 3-4 5-6 7-8  1-2 3-4 5-6 7-8  1-2 3-4 5-6 7-8  1-2 3-4 5-6 7-8 | Male voice begins singing |
| **Chorus** | | | |
| *Repeat the Backpack Kid* | | | Ba de ya |
| Shimmy and Step Turn | Bounce your hips and shoulders, then step 4 times clockwise to face the back of the room. Repeat to face the front of the room.  Repeat in reverse, turning counter-clockwise | 1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8  1-2-3-4 5-6-7-8 | Ba de ya |
| **Interlude 2** | | | |
| The Twist | With your R foot in front, swivel your knees and hips like “The Twist” while you shift your weight from the front to the back. Do this for two 8-counts. | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 | Break it down |
| Surf the Wave | Jump to face the L and plant your feet shoulder-width apart. Pretend to surf for 8 counts! Then, jump to face the R and repeat. | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |  |
| **Chorus** | | | |
| The Twist | Jump to face the R and do The Twist for 8 counts. | 1-2-3-4-5-6-7-8 | Ba de ya |
| Step and Slide | With arms shooting out diagonally, step to the R with the R foot and slide your L foot out to the side. Then touch your L foot in two times. Repeat the other way. | 1-2-3-4 5-6-7-8 |  |
| Thumbs Up and Hips Side to Side | Bounce your hips to the L 2 times while you point your R thumb over your R shoulder. Then bounce your hips to the R 2 times while you point your L thumb over your L shoulder.  Repeat. | 1-2 3-4  5-6 7-8 |  |
| Hukilau “Fishing” Shuffle | Take 4 small steps to the R (R L R L) while you move your arms in a wave motion to the R.  Take 4 small steps to the L (L R L R) while you move your arms in a wave motion to the L. | 1-2-3-4-5-6-7-8 |  |
| *Freestyle until the song ends (four 8-counts)!* | | | |