

**ACTIVITY CARD**

**Trolls September**

Music by Justin Timberlake and Anna Kendrick & Earth, Wind & Fire [\[iTunes Link\]](#)

Movement Name	Movement Description	Counts	Lyrical Cue
<i>Freestyle during the song's introduction (five 8-counts)!</i>			
<b>Verse 1</b>			
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	
<b>Chorus</b>			
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

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<p>Shimmy and Jump Turn</p>	<p>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.</p> <p>Repeat in reverse, turning counter-clockwise</p>	<p>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</p>	<p>Ba duda</p>
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**Verse 2**

<p>Touch Back with Soft Punches</p>	<p>Touch the R foot back and punch forward with the L arm</p> <p>Touch the L foot back and punch forward with the R arm</p>	<p>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</p>	<p>Female voice begins singing</p>
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<p>Ride the Horse and Lasso</p>	<p>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!</p>	<p>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</p>	<p>Male voice begins singing</p>
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**Chorus**

<p><i>Repeat the Backpack Kid</i></p>			<p>Ba de ya</p>
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<p>Shimmy and Jump Turn</p>	<p>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.</p> <p>Repeat in reverse, turning counter-clockwise</p>	<p>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</p>	<p>Ba de ya</p>
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**Interlude 1**

<p>Up Up, Side Side, Down Down, Jump Jump</p>	<p>Point your R arm up in the air and then point your L arm up in the air</p> <p>Point your R arm out to the R and then point your L arm out to the L</p> <p>Point your R arm down to the floor and then point your L arm down to the floor</p> <p>Jump 2 times</p> <p>Repeat 3 more times.</p>	<p>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</p>	<p>Male voice begins singing</p>
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**ACTIVITY CARD**

**Chorus**

<i>Repeat the Backpack Kid</i>			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)!*