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**The Cupid Shuffle**

Dynamic Warm-up Dance

Music by DJ Cupid [[iTunes Link](https://itunes.apple.com/us/album/cupid-shuffle-radio-version/id260167050?i=260167052)]

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| **Music Cue** | **Movement** |
| To the Right | Side-step to the R 4 times, stepping on the beat. (Counts 1-&-2-&-3-&-4-&) |
| To the Left | Side-step to the L 4 times, stepping to the beat. (Counts 5-&-6-&-7-&-8-&) |
| Now Kick | Touch the R heel out to the front and then step the R foot back in. (Counts 1-&)  Touch the L heel out to the front and then step the L foot back in. (Counts 2-&)  Repeat to the R. (Counts 3-&)  Repeat to the L. (Counts 4-&) |
| Now Walk It By Yourself | Take 8 small steps in place while turning ¼ turn to face the next wall.  (Counts 5-&-6-&-7-&-8-&) |

**Health-Related Fitness Challenge:** Cardiorespiratory Endurance

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| **Music Cue** | **Movement** |
| To the Right | Lateral jump to the R 4 times, jumping on the beat. (Counts 1-&-2-&-3-&-4-&) |
| To the Left | Lateral jump to the L 4 times, jumping to the beat. (Counts 5-&-6-&-7-&-8-&) |
| Now Kick | Perform high knees R and then L. Repeat 4 times.  (Counts 1-&-2-&-3-&-4-&) |
| Now Walk It By Yourself | Take 4 shallow squats in place while turning ¼ turn to face the next wall.  (Counts 5-&-6-&-7-&-8-&) |

**Health-Related Fitness Challenge:** Muscular Strength and Endurance

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| **Music Cue** | **Movement** |
| To the Right | In a plank position, walk hands and feet to the R. (Counts 1-&-2-&-3-&-4-&) |
| To the Left | In a plank position, walk hands and feet to the L. (Counts 5-&-6-&-7-&-8-&) |
| Now Kick | Perform mountain climbers 4 times each leg.  (Counts 1-&-2-&-3-&-4-&) |
| Now Walk It By Yourself | Perform 4 push-ups while turning a ¼ turn to face the next wall.  (Counts 5-&-6-&-7-&-8-&) |