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**Space Jam**

Full-Body Warm-up Dance

Music by Quad City DJ’s [[iTunes Link](https://itunes.apple.com/us/album/space-jam/id1170755018?i=1170755174)]

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| **Movement Name** | **Movement Description** | **Counts** |
| Half Grapevine And Clap | Step to the R with the R foot, step behind with the L foot, step to the R with the R foot, touch (or jump) feet together and clap | 1-2-3-4 |
| Step to the L with the L foot, step behind with the R foot, step to the L with the L foot, touch (or jump) feet together and clap | 5-6-7-8 |
| Repeat | 1-2-3-4  5-6-7-8 |
| 3-Step Turn, Step-Touch and Clap | 3-step turn to the R (step to the R with the R foot, spin on the R foot to half-turn clockwise and face the back of the room, spin on the L to half-turn clockwise and face forward again), touch the L foot in and clap. | 1-2-3-4 |
| Side-step L, touch the R foot in and clap, side-step R, touch the L foot in and clap | 5-6-7-8 |
| 3-step turn to the L (step to the L with the L foot, spin on the L foot to half-turn counter-clockwise and face the back of the room, spin on the R to half-turn counter-clockwise and face forward again), touch the R foot in and clap. | 1-2-3-4 |
| Side-step R, touch the L foot in and clap, side-step L, touch the R foot in and clap | 5-6-7-8 |
| Repeat each side | 1-2-3-4  5-6-7-8  1-2-3-4  5-6-7-8 |
| Heel Taps with Arm Stretches | Step with R foot, heel tap the L forward and spread the arms diagonally with the R arm up and the L arm down  Step with L foot, heel tap the R forward and spread the arms diagonally with the L arm up and the R arm down | 1-2  3-4 |
| Repeat 3 times | 5-6-7-8  1-2-3-4  5-6-7-8 |



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| Touch Back  with Punches | Step with R foot, touch L foot behind and punch forward with the R hand  Step with the L foot, touch R foot behind and punch forward with the L hand | 1-2  3-4 |
| Repeat 3 times | 5-6-7-8  1-2-3-4  5-6-7-8 |
| Knees to Elbows | (With a bouncy spring in your step) step R, meet R elbow to L knee.  Step L, meet L elbow to R knee. | 1-2  3-4 |
| Repeat 3 times | 5-6-7-8  1-2-3-4  5-6-7-8 |
| Pivot Turns and Claps | Pivot turn all the way around (step forward with the R foot, pivot on the R foot a half-turn to face the back of the room, repeat to face the front of the room) | 1-2-3-4 |
| Walk in place, clapping on counts 6 and 8 | 5-6-7-8 |
| Repeat | 1-2-3-4  5-6-7-8 |