

ACTIVITY CARD

Space Jam

Full-Body Warm-up Dance

Music by Quad City DJ's [[iTunes Link](#)]

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	1-2
	Step with L foot, heel tap the R forward and spread the arms diagonally with the L arm up and the R arm down	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	1-2
	Step with the L foot, touch R foot behind and punch forward with the L hand	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