**
Looking Up**

Dynamic Warm-up Dance
Music by SafetySuit [[iTunes Link](https://itunes.apple.com/us/album/looking-up-single/id1051357812)]

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| **Movement Name** | **Movement Description** | **Counts** |
| Step-togethers with arms waving | Step to the R with the R foot, touch the L foot in so feet are together. Arms wave high overhead to the R. | 1-2 |
| Repeat to the L. Arms wave high overhead to the L. | 3-4 |
| Repeat to the R. Arms wave high overhead to the R. | 5-6 |
| Repeat to the L. Arms wave high overhead to the L. | 7-8 |
| Bent knee bounces | With feet together, knees bent, and hands on knees: bounce your knees twice to the R. | 1-2 |
| Repeat to the L. | 3-4 |
| Repeat to the R. | 5-6 |
| Repeat to the L. | 7-8 |
| Half grapevine with a clap | Half grapevine to the R (step to the R with the R foot, cross the L foot behind the R foot and step on it, step to the R with the R foot). | 1-2-3 |
| Touch the L foot in so feet are together and clap your hands. | 4 |
| Half grapevine to the L. | 5-6-7 |
| Touch the R foot in so feet are together and clap your hands. | 8 |
| 3-step turns with a clap | 3-step turn to the R (step to the R with the R foot, swing the L foot in front of the R to turn halfway around clockwise, swing the R foot behind the L foot to turn halfway around clockwise, facing front again). | 1-2-3 |
| Touch the L foot in so feet are together and clap your hands. | 4 |
| 3-step turn to the L (step to the L with the L foot, swing the R foot in front of the L to turn halfway around counter-clockwise, swing the L foot behind the R foot to turn halfway around counter-clockwise, facing front again). | 5-6-7 |
| Touch the R foot in so feet are together and clap your hands. | 8 |
| **SUPERCHARGE THE MOVES!** |
| Side jumps with arms waving | With feet together, jump to the R and then to the L. Arms wave high overhead to the R when you jump R and to the L when you jump L. | (each jump takes 1 count) 1-2-3-4-5-6-7-8 |
| Jump rope side to side | With feet together, jump to the R and then to the L. Pretend you’re jumping rope with your arms. | (each jump takes 1 count) 1-2-3-4-5-6-7-8 |
| Triple jumps with a clap | With feet together, jump to the R four times. Clap as you land the 4th jump. | 1-2-3-4 |
| With feet together, jump to the L four times. Clap as you land the 4th jump. | 5-6-7-8 |
| Triple jumps with a clap | With feet together, use 4 jumps to turn all the way around clockwise. Clap as you land the 4th jump. | 1-2-3-4 |
| With feet together, use 4 jumps to turn all the way around counter-clockwise. Clap as you land the 4th jump. | 5-6-7-8 |

