

ACTIVITY CARD

Crazy Bird (Baba Hou!)

Music: [[iTunes link](#)]

Movement Name	Part 1: Leg Movements	Part 2: Add Arm Movements	Counts
Walk Forward and Back	Step forward R, L, R, tap L (don't put weight on it)	Walk with arms forward like a zombie or "disco pointing" with R arm (from L hip to the air)	1-2-3-4
	Step back L, R, L, tap R (don't put weight on it)		5-6-7-8
	Repeat R		1-2-3-4
	Repeat L		5-6-7-8
Half Grapevines	Step to the side R, cross L behind, step to the side R, tap L (don't put weight on it)	Clap x2 fast on counts 4 and 8	1-2-3-4
	Step to the side L, cross R behind, step to the side L, tap R (don't put weight on it)		5-6-7-8
	Repeat R		1-2-3-4
	Repeat L		5-6-7-8
Crazy Bird	Lift R knee, place it back down	Flap your arms like a bird up and down on each beat	1-2
	Lift L knee, place it back down		3-4
	Repeat R		5-6
	Repeat L		7-8
Pivots	Step forward R and use it to push your body ¼ turn to left	Shake the "salt shaker" bu pumping fist out from chest on each beat	1-2
	Repeat x3, finishing facing forward		3-4-5-6-7-8

Repeat all movements throughout the song