

ACTIVITY CARD

DanSirs Fist Pump Jump Jump

Fist Pump Jump Jump by Ying Yang Twins feat. Greg Tecoz ([iTunes](#); [YouTube](#))
 DanSIRS performing choreography: [YouTube](#)

DanSIRs	Movement Name	Movement Description	Counts	Lyrics first time through
Matt Johnson and Scott Williams	Dab points	Bend knees and slight bounce (or small steps R), dab point with both arms R	1-2-3-4	We got a whole lotta ladies and a
		Repeat L	5-6-7-8	whole lotta fellas. When you
	Palm out butterfly knees	Step out R, hand extends down to the R with palm facing out	1-2	put 'em all
		Repeat L	3-4	together, they be
		Wiggle knees x2, arms swing with R in front and L behind, body leans R	5-6	ready for
		Repeat L	7-8	whatever
	Hip circles	Hands on hips, hips push R, front, L, back, R, front	1-2-3-4-5-6-7-8	Oh, oh, oh, oh, oh, oh, oh
	Palm out butterfly knees	Repeat	1-2-3-4-5-6-7-8	When you put 'em all together, they be ready for whatever

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DanSIRs	Movement Name	Movement Description	Counts	Lyrics first time through
Brandon Herwick	Superstar	Jump out into high lunge facing R with R leg in front, L arm raised in fist and R arm behind in fist	1	Now fist
		3 small hops to face center	2-3-4	pump jump jump!
		Repeat L	5-6-7-8	Fist pump jump jump!
	Superstar	Repeat	1-2-3-4-5-6-7-8	Fist pump jump jump! Fist pump jump jump!
	Palm out butterfly knees	Repeat 2x	1-2-3-4-5-6-7-8 1-2-3-4-5-6-7-8	Oh, oh, oh, oh, oh, oh, oh. When you put 'em all together, they be ready for whatever.

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DanSIRs	Movement Name	Movement Description	Counts	Lyrics first time through
Chris Walker	Chug pumps	Hop 2x to the R while pumping L fist 2x to the R	1-2	Here they come
		Repeat L	3-4	let 'em in
		Hop 1x to the R while pumping L fist 1x to the R	5	Me and my
		Repeat L	6	brother
		Hop 2x to the R while pumping L fist 2x to the R	7-8	back again
		Hop 2x to the L while pumping R fist 2x to the L	1-2	Yeah, it's them
		Repeat R	3-4	wonder twins
		Hop 1x to the L while pumping R fist 1x to the L	5	Thunder-
		Repeat R	6	-in and
		Hop 2x to the L while pumping R fist 2x to the L	7-8	lightnin
	Point and bump	Point R, L, R, L	1-2-3-4	Block beatin, club jumpin,
		Hands on hips, shake hips R, L, R, L	5-6-7-8	Cars in the street bumpin
	Cross-spins	Hop legs crossed with L in front	1	Red
		Hop legs apart	2	light
		Spin to the L with knees bent	3-4	Stop sign
		Hop legs apart	5	Drop
		Hop legs crossed with L in front	6	top
		Spin to the R with knees bent (to unwind legs)	7-8	Cops flyin

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DanSIRs	Movement Name	Movement Description	Counts	Lyrics first time through
Matt Bristol	Skier	With knees facing R, chug arms 2x and sink down slightly	1-2	Speed limit
		Repeat L	3-4	twenty-five
		Repeat R	5-6	People all
		Repeat L	7-8	outside
	Muscle butterfly knees	Make a muscle with the R arm	1-2	In the middle
		Repeat L	3-4	of the block
		Wiggle knees x2, arms swing with R in front and L behind, body leans R	5-6	Like it when the
		Repeat L	7-8	bass knock
	Chest bumps	Step forward R and tap R hand to L side of chest 2x	1-2	Boom bap
		Repeat L	3-4	Tick tock
		Walk backward R, L, R, L while pushing hands out in front of the body	5-6-7-8	This that, hit drop
	Muscle butterfly knees	Repeat	1-2-3-4-5-6-7-8	Ying yang on the block, 'cause we make the party rock

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DanSIRs	Movement Name	Movement Description	Counts	Lyrics first time through
Ben Pirillo	Crowd points	Point R arm out to the L and slowly arc across the the R	1-2-3-4	'Cause tonight, we got a
		Repeat L	5-6-7-8	whole lotta spirit for
	Pull taps	Step out R with arms reaching up to the L	1	life
		Touch L foot behind and bring hands down near hips on the R side (don't put weight on L foot)	2	(rest)
		Repeat L	3-4	Now throw your
		Repeat R	5-6	hands in the
		Repeat L	7-8	air, sayin'
	Crowd points	Repeat	1-2-3-4-5-6-7-8	Oh, oh, oh, oh, oh, oh, oh
	Pull taps	Repeat	1-2-3-4-5-6-7-8	Oh oh wo-oah, wo-oah,

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All movements (REPEAT)	Matt Johnson and Scott Williams (beach)			
	Brandon Herwick (snow)			
	Chris Walker (gym)			
	Matt Bristol (snow #2)			
	Ben Pirillo (gym #2)			
	Matt Johnson and Scott Williams (beach)			
	Brandon Herwick (snow)			
Alex	Can you hear it?	Point L and then step out to the the L, circle L hand 3 times to ear	1-2-3-4-5-6-7-8	[Instrumental]
		Step back to center, nod head like you heard it	1-2-3-4-5-6-7-8	
		Hop 4 times	5-6-7-8	
		Repeat R	1-2-3-4-5-6-7-8 1-2-3-4-5-6-7-8	
All movements (REPEAT)	Matt Johnson and Scott Williams (beach)			
	Brandon Herwick (snow)			