

Erupt - Machel Montano

TC	Song Part	Choreography	Reps
0:00	Intro	Step touch sway hips side 2 side with arms pumping	
0:18	Pre-Chorus	Arms out to side, then above head, then sizzle volcano up body	
0:24	A	Flowy arms up to the front 4x Starjacks to the back 4x	2x
0:36	B-1	SSD abs Hips wine at transition	
0:48	C	Slow walk 4 steps to each side, skip side 2 side	
0:59	D	Move forward with circle arms Move backward with seesaw arms	2x
1:11	A	Flowy arms up to the front 4x Starjacks to the back 4x	2x
1:24	E-1	Fast Grapevine to each side, pause for double jump with hands up	
1:36	F	Abs to side Abs with hands punching down	
1:47	C	Slow walk 4 steps to each side, skip side 2 side	
2:00	D	Move forward with circle arms Move backward with seesaw arms	2x
2:11	A	Flowy arms up to the front Starjacks to the back	2x
2:24	B-2	SSD abs Hips wine at transition	
2:36	F	Abs to side Abs with hands punching down	
2:48	E-2	Fast Grapevine to each side, pause for double jump with hands up	
3:00	G	Step touch sway hips side 2 side with arms pumping	
3:07	A	Flowy arms up to the front 4x Starjacks to the back 4x	2x
3:19	B-3	SSD abs Hips wine at transition	
3:43	C	Slow walk 4 steps to each side, skip side 2 side	
3:55	D	Move forward with circle arms Move backward with seesaw arms	
4:07!	H	Jumping starjack! :)	