

Get Busy - Sean Paul

| TC | Song Part | Choreography | Reps |
|------|-----------|---|------|
| 0:00 | Intro | Step touch and shake hips | |
| 0:09 | A | Side squat 4x to the right with 2 arm pumps each step, increase intensity with lower squat 4x to the left | 2x |
| 0:29 | B-1 | Step in front and behind with hip twist - low to mid intensity (switch sides) | 2x |
| 0:48 | C | Arms out, arms up, triangle hip squat down | 1x |
| 0:53 | A | Side squat 4x to the right with 2 arm pumps each step, increase intensity with lower squat 4x to the left | 2x |
| 1:12 | B-2 | Step in front and behind with more intensity and leg kick and more arms (switch sides) | 2x |
| 1:31 | C | Arms out, arms up, triangle hip squat down | 1x |
| 1:36 | A | Side squat 4x to the right with 2 arm pumps each step, increase intensity with lower squat 4x to the left | 2x |
| 1:55 | B-3 | Hip sway with arms right, switch to left, circle right, circle left | 2x |
| 2:14 | C | Arms out, arms up, triangle hip squat down | 1x |
| 2:19 | D | Step touch and shake hips, move forward, move backward | |
| 2:38 | B-4 | SSD samba hips with arms (modification-bicep curls) | |
| 2:57 | C | Arms out, arms up, triangle hip squat down | |
| 3:02 | B-5 | SSD high knees with pump arms down | |
| 3:21 | C | Arms out, arms up, triangle hip squat down | 2x |