

Let's Go Crazy - Prince

TC	Song Part	Choreography	Reps
0:00	Intro	Squat stretch into sunshine arms- Stretch to each side doing lunges	
0:41	Intro-1	Start to step clap with the beat	
0:53	A	2 arms pumps with 2 steps to each side - increase intensity with the music	
1:12	B	SSD with steps to the side	
1:32	C	Hop step forwards - hop backwards	
1:37	D	2 kicks out front into twist	4x
1:47	E	High knees with arm pumps down	16x
1:57	B	SSD with steps to the side	
2:16	C	Hop step forwards - hop backwards	
2:21	D	2 kicks out front into twist	4x
2:30	F	Butt kicks with chest press out and in	
2:40	G	Hips to right - circle around with hips and arms Hips to left - circle around with hips and arms	
3:00	C	Hop step forwards - hop backwards	
3:05	D	2 kicks out front into twist	
3:15	A	2 arms pumps with 2 steps to each side	
3:25	E	High knees with arm pumps down	
3:34	F	Butt kicks with chest press out and in	
3:45	H	Body wave stretch side to side going down into a squat	
3:54	I	Fast feet - add in arms - transition to squat position- add in vigorous playing drums until the end!	