

## Shake - Kes & Kernal Roberts

TC	Song Part	Choreography	Reps
0:00	*Intro	Hop into side to side Box step with arms	
0:19	A	4 steps backwards with arm pumps - 2 arm stretches - switch direction	2x
0:36	B	Flying birdy arms 4x into stiff arms out 4x	2x
0:52	C	4 stretches down to right, switch to left 4 bring opposite knee up and switch sides	
1:08	*	Hop side to side (same as intro but with more intensity)	
1:16	D	Low Box Steps into hop	
1:23	B	4 steps backwards with arm pumps - 2 arm stretches - switch direction	
1:40	B	Flying birdy arms 4x into stiff arms out 4x	
1:56	C	4 stretches down to right, switch to left 4 bring opposite knee up and switch sides	
2:12	*	Hop side to side (same as intro but with more intensity)	
2:19	D	Low Box Steps into hop	
2:28	C	4 stretches down to right, switch to left 4 bring opposite knee up and switch sides	
2:44	E	Box step into arms up - arms low	