

Tropic Land - ZIN 72

TC	Song Part	Choreography	Reps
0:00	Intro	March in place	
0:15	Intro-2	Grapevine with 2 steps side to side (no arms)	4x
0:30	A	4 steps forward and then 4 steps backwards with arms above head	4x
0:45	B	Step side to side with birds arms out and in middle (start out 4x with low intensity and build with the music)	20x
1:04	C	Grapevine with hop at ends (can clap) - switch direction	4x
1:19	D	4 steps forward starting low with arms out - 4 steps backwards with arms above head	4x
1:34	E	Grapevine with step side to side at end using arm pumps entire time - switch direction	2x
1:49	F	Sumo Squat using hands on knees with 2 claps when you stand in between squats	8x
2:04	G	Squat with front kick	8x
2:19	H	Squat at faster tempo (option to hold last squat until the end)	12x