



MOVEMENT TO MUSIC

THEME: AUTUMN



Warm Up

Warm-up your bodies

Song:-Autumn Days DJ

<https://www.youtube.com/watch?v=IVtmECDhGlk>

Arms

**Move your arms in a circular motion one at a time or
punch the air.**

Song: Autumn Comes

<https://youtu.be/r7oYgl7hW9M?si=s57sFUHt-1GU9mQy>

Legs

Keep your legs moving for the entire song.

Song: Autumn Leaves - Ed Sheeran

https://youtu.be/mkDlsTywBrl?si=6_kM8gnnbjJz--P

Hop / Jump / Twist

Song: <https://www.youtube.com/watch?v=-XV-mLf4ecc>

Rest / Cool down

Cooldown your bodies to this song.

Song: JVKE Golden Hour

https://youtu.be/WCce-3XMdJs?si=iFwj5yiJa_jpthYy





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Free Movement

Song: <https://www.youtube.com/watch?v=-XV-mLf4ecc>

Rest / Cool down

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