



MOVEMENT TO MUSIC



THEME: BLACK HISTORY MONTH

Warm up

Warm-up your bodies
Song:- Summertime - Ella Fitzgerald
<https://youtu.be/VZRgiuAXRAs>

Arms

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

Song: Gregory Porter - Revival
<https://youtu.be/kLUzdIFCBWY>

Legs

Keep your legs moving for the entire song.
Song: Bob Marley - One Love
<https://youtu.be/vdB-8eLEW8g>

Hop / Jump / Twist

Song:- Beyonce - Single Ladies
<https://youtu.be/J-eM2wN0ATE>

Rest / Cool down

Cooldown your bodies to this song.
Song: Lionel Richie Mega Mix
<https://youtu.be/5yFe-am0q3s>





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Warm up

Warm-up your bodies
Song:- Summertime - Ella Fitzgerald
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Hand Movements

Song: Gregory Porter - Revival
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Legs

Keep your legs moving for the entire song.
Song: Bob Marley - One Love
<https://youtu.be/vdB-8eLEW8g>

Free Movements

Song:- Beyonce - Single Ladies
<https://youtu.be/J-eM2wN0ATE>

Rest / Cool down

Cooldown your bodies to this song.
Song: Lionel Richie Mega Mix
<https://youtu.be/5yFe-am0q3s>

