



MOVEMENT TO MUSIC

THEME: BONFIRE NIGHT

Warm Up

Warm-up your bodies

Song:- Firework - Katie Perry

<https://youtu.be/KSbwHzlcgs8?si=KZVdiEg6Wok8d-IZ>

Arms

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

Song: Thunderstruck - Pyromusical

<https://youtu.be/SMmmLQB70zl?si=2dOs--t8JCFHg-wP>

Legs

Keep your legs moving for the entire song.

Song: Ellie Goulding - Burn

https://youtu.be/CGyEd0aKWZE?si=RiZQSLYIJSDzHd_x

Hop / Jump / Twist

Song: MC Grammar - Bonfire Song

https://youtu.be/OBGnjtSJI_g?si=UoynOrGOp7HKexyP

Rest / Cool down

Cooldown your bodies to this song.

Song: James Blunt - Bonfire Heart

<https://youtu.be/g1j1qwQQ8-Q?si=9KuW85Juy742zuwo>



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Hand Movements

Song: Thunderstruck - Pyromusical

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Legs

Song: Ellie Goulding - Burn

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Free Movements

Song: MC Grammar - Bonfire Song

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Rest / Cool down

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