

MOVEMENT TO MUSIC THEME: SUKKOT



Warm Up

Warm-up your bodies

Song:- Adar

**[https://youtu.be/pGmeAwz4eGg?
si=B6gUe0CDw767n6gJ](https://youtu.be/pGmeAwz4eGg?si=B6gUe0CDw767n6gJ)**

Arms

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

Song:Yesh Tikvah

<https://youtu.be/PIPCHjFC9yk?si=-eUgiRmbEXDliva8>

Legs

Keep your legs moving for the entire song.

Song: One Nation

<https://youtu.be/RYJuz8fjXbY?si=3p6SPvulFFjCqyLp>

Hop / Jump / Twist

Song: Brave

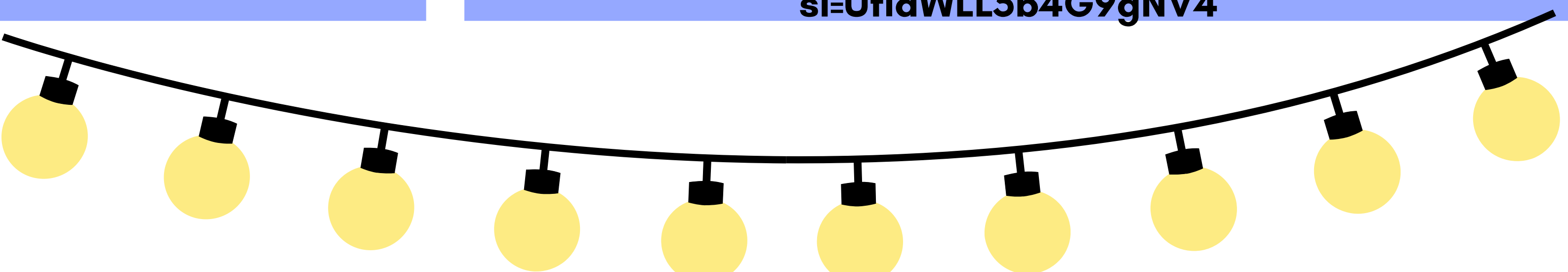
<https://youtu.be/n4ShxU1MEOM?si=s0F9hlgo8uN2XzjT>

Rest / Cool down

Cooldown your bodies to this song.

Song: Chill beats

**[https://www.youtube.com/live/9UMxZofMNbA?
si=UfldWLL5b4G9gNV4](https://www.youtube.com/live/9UMxZofMNbA?si=UfldWLL5b4G9gNV4)**



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Hand Movements

Song:Yesh Tikvah

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Legs

Song: One Nation

<https://youtu.be/RYJuz8fjXbY?si=3p6SPvulFFjCqyLp>

Free Movements

Song: Brave

<https://youtu.be/n4ShxU1MEOM?si=s0F9hlgo8uN2XzjT>

Rest / Cool down

Cooldown your bodies to this song.

Song: Chill beats

**[https://www.youtube.com/live/9UMxZofMNbA?
si=UfldWLL5b4G9gNV4](https://www.youtube.com/live/9UMxZofMNbA?si=UfldWLL5b4G9gNV4)**

