



“Life is a Highway”

2020 Recital ~ Hip Hop/Jazz Funk 1 classes

**Dancers start ‘off stage’ (off camera)

‘Drive’ on with football runs one hand on the ‘wheel’ one hand on their hip for two counts of 8

Jump to face the side, football runs on the spot with hands making circles at the side for 1 count of 8

Jump to face the other side and repeat for one count of eight

Face forward in second circling your upper body to the side, down (get low), side and up for one count of eight, repeat circling the other way. Feet come together on count 7,8

****chorus starts****

Bounces with hands on knees stepping out, together, out, together with a clap. Repeat going the other way

Two jump claps remembering to land with your feet together

Step forward, pivot to the back, step, pivot back to the front

Box step with heavy stomps (out, out, in, in) repeat

Step to second, get low, face the side with one hand on the ‘wheel’ and the other on your hip

****chorus ends****

Take two counts of eight to ‘drive’ around the racecar track to end facing the front

Bounces in second-hands raise the roof up left/right, pull sand buckets left/right. Repeat

Snake body right putting your hands on your right knee, hip/ankle pop, repeat left, right, left

Repeat the chorus

Drive off stage