

# JUST DANCE! --warm-ups

Heads	Shoulders	Body	Arms	Movement
Head to the right x 2	8 shoulder shrugs	Body Taps!	Reach to the ceiling x 4	8 Marches with high leg lifts
Head to the center x 2	4 right shoulder shrugs	reach up	Out to the sides x 4	4 toe taps with alternating legs
Head to the left x 2	4 left shoulder shrugs	tap your head x 2	Roll your wrists x 8	8 Marches with high leg lifts
Head to the center x 2	<b>16 counts total</b>	tap your shoulders x 2	<b>16 counts total</b>	4 heel taps with alternating legs
repeat twice	8 shoulder rolls	tap your knees x 2	Touch your left foot with your right hand x 4	8 Marches with high leg lifts
<b>16 counts total</b>	4 right shoulder rolls	tap your toes x 2	Center and arms out to the sides x4	8 Jumps with feet together (narrow)
Head up x2	4 left shoulder rolls	tap your knees x 2	Touch your right foot with your left hand x4	8 jumps with feet apart (wide)
Head to the center x 2	<b>16 counts total</b>	tap your shoulders x 2	Center and arms out to the sides x4	4 narrow jumps 4 wide jumps x 2
Head down x 2		tap your head x 2	<b>16 counts total</b>	2 narrow jumps 2 wide jumps x 4
Head to the center x 2		reach up		<b>16 counts total</b>
repeat twice		<b>16 counts total</b>		
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