

# Choreo Creators: Design Your Dance

Use the space below to design choreography and create your dance! The lyrics and movement guide are included below the chart. Feel free to create your own moves as well!

Lyrics	Movements

Lyrics (continued)	Movements (continued)

# Choreography Moves Bank

The following moves are suggestions to help you get started.  
Feel free to add your own moves to the bank and get moving!

## K Moves:

Waves
Hop (or any locomotor)
Squat
Disco Roll (upper corner to lower corner)
Spins
Stomp
Mash Potato
Butterfly
Jump
Steps/March (front, side, etc.)
Elbow Punch (out to the side)
Slides
Twist
Cross punches(open hand)
Scoops (arms)
Hip Sway
Kicks
Shoulder shrugs
Bop (arms & shoulders)
Clap
Sway arms (low-med-high)
Raise the Roof
Step Touch (forward and back or side to side)
Open hand arm punch(high, med, low)
"Z" (Point to invisible box corners in a "Z" pattern) Change arms/repeat

# Choreography Moves Bank

The following moves are suggestions to help you get started.  
Feel free to add your own moves to the bank and get moving!

## 1-2 Moves:

Waves (arm sway overhead)
Squats
Disco Roll (upper corner to lower corner)
Spins
Hula Hips (hands on hips)
Heartbeats
Bop (arms & shoulders)
Locomotor Movement
Step/March (front, side)
Shoulder shrugs
Slides
Cross punches (open hand)
Skier jumps side to side
Kicks
Fist Pumps (single arm)
Airplane arms
Cabbage Patch
Step Touch (forward and back or side to side)
Open hand arm punch (high, med, low)
Clap
Cross knee taps (to cross the midline)
Behind the back, tap foot across
Directional steps (forward, side, back)
Stomps
Z's

# Choreography Moves Bank

The following moves are suggestions to help you get started.  
Feel free to add your own moves to the bank and get moving!

## 3-5 Moves:

Waves
Squats
Disco Roll (upper corner to lower corner)
Fist Pumps (open hands)
Spin (pivot)
Nae-Nae
Steps/March
Jumps
Step Touch (forward and back or side to side)
Shoulder rolls
Side Slide
Overhead reach across (cross punches)
Step, step 1 foot balance
Skier jumps (feet together side to side)
Bop
Kicks
"Z" (Point to invisible box corners in a "Z" pattern) Change arms/repeat
Firework (Arms at 12, (both up) 2&10,3&9, 5&8)
Open hand arm punch (high, med, low)
Clap
Cross knee taps (to cross the midline)

