

Car Wash - Level 1

Block	Counts	Legs	Arms
1	1 to 4 5 to 8	Start Pose - Hold for 4 beats Prepare for routine on counts 5 to 8	
	1 to 8	2 x Grapevine	Arms out to the side and arms up above the head, Arms out to the side and arms down next to the body (repeat twice)
	1 to 2 3 to 6 7 to 8	Air Jack Double Jumping Jack Single Jumping Jack	
	1 to 4 5 to 8	Easy Walk with ¼ turn Easy Walk to the side	Reach up one arm at a time (beats 1 and 2) and slide both hands down the side of the body (beats 3 and 4). Repeat.
2	1 to 4 5 to 8	Scissor Kick Transition Down to Push Up position on toes	
***	1 to 2 3 to 4 5 to 8	Jump feet out and in Drop to the knees or hold this position for 2 counts Wide Push Up or Tricep Push Up	
	1 to 4 5 to 8	Sit down on bottom and stretch legs out Straddle Stretch forward	2 x Claps, 2 x Car Wash arms, (right then left for two beats each)
	1 to 2 3 to 4 5 to 6 7 to 8	Move into a split position (or lunge)	Head turn Right arm swish Left arm swish
3	1 to 4 7 to 8	Splits or lunge Swing legs back together and lunge to stand	
	1 to 8	8 Jogs (land feet together on count 8)	Reach up and down x 4
	1 to 2 3 to 4 5 to 6 7 to 8	Step Touch Showtime to the side Step Touch Showtime to the other side	Reach forward Same arm as step touch reaches out to the side with other hand on hip Same arm as step touch reaches out to the side with other hand on hip
	1 to 4 5 to 8	Double Knee Cross over Full Turn turning leg curl (2 leg curls)	Hands on hips
***	1 to 4 6 to 8	Pony to the side then other way Step to the face the side and ½ turn pivot	Left arm swims out in front of the body Arms optional
	1 to 2 3 to 4 5 to 6 7 to 8	Tuck Jump to the side Stand still with feet together Shimmey Squat with ¼ turn to face the front Stand still with feet together	Arms reach out in front Two claps Hands out to side Two Claps

5	1 to 8	Grapevine L Shape	One hand swish
	1 to 8	Leg Curls x 4 with ¼ turn	Reach arms
	1 to 4 5 to 8	Double Hop Side Push	Arms reach up for two counts and down for two counts Right arm to side of head then left arm to side of head
	1 to 8	Jog x 8	Reach up and down fox 4
	1 to 4 5 to 8	Grapevine Double Step	Sunshine Arms Driving Arms (tip shoulders the direction you are moving)
6	1 to 8	Jumping Jacks x 4 on the spot.	No arm lines
	1 to 4 5 to 8	Fire Cracker (knee lift x 2) Swing hips from side to side	Clap once under knees (right then left) 3 x punch arms in the air
	1 to 8	Side Flick x 4	Arms out to the side with Star hands
	1 to 8	Flick Kick x 4 to face side on	
	1 to 2 3 to 6 7 to 8	Straight Jump on sound effect Step backwards to push up position Knees drop to the ground (for knee push ups)	Arms reach above head Hands place on ground ready for compulsory push ups
7	1 to 16	Push ups x 4 (knees or toes)	
	1 to 2 3 to 4 5 to 6 7 to 8	Lie flat on the ground Turn onto the side of the body Lying Leg Kick Sitting up to L press position	
	1 to 4	L Press (or lift bottom from the floor)	
8	1 to 4 5 to 8	Step forward using the back leg from the press to stand up Shimmey down the legs	Push arms down the body then the legs
***	1 to 8	Split Leap or Stride Leap	
	1 to 6 7 to 8	Jog x 6 Jumping Jack with ¼ turn	Reach up and down x 3 Hands on hips
	1 to 8	High Leg Kicks x 4 on sound effects	Optional Arms
9	1 to 2 3 to 4 5 to 6 7 to 8	Jumping Jack 2 Single Shuffles <i>Step together</i> <i>Optional End Pose</i>	Hands on hips Opposite arm to leg <i>Hands on knees</i>

Italic – The first few beats at the beginning and the end can be altered by teams to incorporate a start and end pose.

Individuals must complete the exact choreography on the notes.

Bold – Skills. See list in AEROSkools booklet to check modifications for each skill.

Modifying some skills will decrease your intensity score during the routine.

*** Changes to the routine, which must take place in 2006 and onwards.