

## Feels Like I'm in Love - Level 1

<b>Block</b>	<b>Counts</b>	<b>Legs</b>	<b>Arms</b>
1	1 to 4 5 to 8	Hold Start Pose 2 Jumping Jacks	One arm on shoulder and one arm next to body. Legs optional. Hands on hips
*** ***	1 to 2 3 to 4 5 to 8	Side Leg Kick <b>Straight Jump</b> <b>½ Pivot Turn</b>	Arms out to the side Arms up to the roof Arms optional
	1 to 8	8 x Jogs	Reach up and down with arms x 4
	1 to 8	4 x Double Hops	Reach up and down x 2 (two beats for each)
2	1 to 8	2 Easy Walk	Same arms as leg reaches into the air on a diagonal, then the other arm
	1 to 8	Transition to the ground	Step sideways, step behind and roll backwards to the ground
3	1 to 16	<b>Push Ups x 4 (Knees or toes)</b>	
	1 to 2 3 to 4 5 to 6 7 to 8	Sit backwards onto the bottom Lift up to push up position Push front leg out to the side and in Push back leg out to the side and in	
3	1 to 2 3 to 6	Sit bottom down to face opposite direction (half turn) Reach forward in an L Sit Position	Reach forward with hands
	1 to 4 5 to 8	<b>Straddle Stretch – Straddle the legs and reach forward</b> Returning to upright position	Arms reach out in front along the floor Arms pose out to the front of the body on beat 8
	1 to 2 3 to 4 5 to 6 7 to 8	Legs come together Body rolls forward Tuck in Stand	Clap twice
4	1 to 8	Grapevine 3 leg curls	Reach forward and down x 4
	1 to 6 7 to 8	Grapevine 2 leg curls with ¼ turn to face side Jumping Jack	Reach forward and down x 4 Hands on hips
	1 to 8	<b>High Leg Kicks x 4</b>	Optional Arms
	1 to 2 3 to 4 5 to 6 7 to 8	Squat with feet together ¼ turn to stand facing the front with feet apart Jumping Jack with feet already beginning out Step forward to join feet	Hands on knees Hands up on a diagonal in star shape Hand on hips
	1 to 2	<b>Tuck Jump on Sound effect</b>	Hands/arms optional

	3 to 6 7 to 8	1 x Easy Walk Stand Still with feet together	Both arms behind head and shimmy out to the side 2 x Shoulder shrug
5	1 to 8	<b>Jumping Jacks x 4</b>	First on hips
	1 to 4 5 to 8	2 x Knee Lifts 4 x Hips	Clap under knees Punch arms in air
	1 to 8	4 x Flick Kicks	Arms in front
	1 to 8	4 x Side Flicks	Arms reach out to the side
6	1 to 6 7 to 8	3 x Scoop with 1 / 4 turn to face side Step Together	Swing and clap in front Arms out to the side
	1 to 2 3 to 8	<b>Scissor Kick</b> side on Swing leg down to push up position	
***	1 to 4 5 to 8	<b>Wide Push Up or Tricep Push Up</b> Sit bottom down and ½ turn to face opposite side	
	1 to 8	<b>Straddle Press (or raise the feet from the floor)</b> <b>Or L Press (or raise bottom form the floor)</b>	
	1 to 8	Roll forward to <b>splits</b> position ( <b>or lunge</b> )	Hands on ground
	1 to 8	Roll backwards to lunge up	
7	1 to 8	4 x Step Touch	Arms reach up on a diagonal
	1 to 2 3 to 4 5 to 8	<b>Air Jack</b> (on sound effect) Jumping Jack 4 x Jogs	Arms in air Hands on Hips Reach forward and down x 2
	1 to 4 5 to 8	Grapevine Grapevine L Shape with full turn	Sunshine arms Arms up in right angles, shaking hands
	1 to 8	8 x Jogs	Reach up and down x 4
8 ***	1 to 8	<b>Split Leap</b> and clap	Optional Arms. Clap on beat 8
	1 to 4	4 jogs	Reach up and down x 2
	<i>5 to 6 7 to 8 Boom</i>	<i>2 x knee kinks End Pose</i>	<i>Fan arms side to side</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.