

## Hot Stuff – Level 1

Block	Beats	Legs	Arms
		<i>Lunge with one leg bent</i>	<i>One arm on hip Other arm down in diagonal star to the left</i>
1	1 to 4 5 to 8	Jog x 4 Double hop x 2	Reach arms (up and down) Reach arms up on first double hop, reach arms down on the second
	1 to 8	Double step touch x 2	Reach same arm as leg (up and down) on first double step, opposite arm on hip Reach same arm as leg (up and down) on second double step, opposite arm on hip
	1 to 4 5 to 8	Grape to vine Grape to vine turn and face side (Grape to vine L)	Blade arms tucked in, straight up above head, straight out to the side, and down along sides Rolling
	1 to 4 5 to 6 7 to 8	Flick kick x 2 Step together <b>Air Jack</b>	Opposite arm to leg straight out in front, and same arm as leg straight out to side x 2 Reach arms (forward and down) Arms up in diagonal stars
2	1 to 8	Easy walk x 2	One arm up in diagonal star and hold there, other arm up in diagonal star, shimmy down body Repeat for second easy walk
	1 to 4 5 to 8	Step side, other knee up and hook leg behind, knee up Step side, other knee up and hook leg behind, knee up to face side	Reach arms (up and down)
	1 to 4 5 to 8	Step, <b>scissor kick</b> Step knee, step knee travelling backwards still facing side	Arms straight out to each side Opposite arm to raised knee punch forward, and same arm as knee on hip
	1 to 4 5 to 6 7 to 8	Jog x 4 Jumping Jack facing side Kneel down to ground facing side	Reach arms (up and down) Hands on hips Front arm straight out in star, opposite arm on hip
3	1 to 2 3 to 4 5 to 8	Kneel down to ground facing side Sit onto bottom facing the back Turn to face opposite side on, open legs into straddle sit	Front arm straight out in star, opposite arm on hip
***	1 to 4 5 to 6 7 to 8	<b>Straddle sit, chest to floor</b> ½ turn to Push Up position <b>Wide Push Up going down</b>	
***	1 to 2 3 to 8	<b>Wide Push up coming up or Tricep Push Up</b> 180 turn to sit on bottom <b>L to press (or bottom from ground)</b>	
	1 to 4 5 to 6 7 to 8	Roll onto tummy Jump feet into kneel position Stand to face front	Arms by sides
4 ***	1 to 8	<b>1/2 turn pivot</b> Jog x 4	Optional Reach arms (up and down)
	1 to 2 3 to 4 5 to 6 7 to 8	Step together <b>Straight Jump</b> Squat Turn to face side, double bounce on spot	Reach arms (forward and down) Across chest Arms on thighs in squat Two claps
	1 to 8	<b>High leg kicks x 4</b>	Optional Arms
	1 to 2 3 to 4 5 to 6 7 to 8	Step together <b>Tuck Jump</b> Double Jumping Jack Turn to face front, double bounce on spot	Arms to the roof Punch arms forward and down Punch arms down Two claps
5	1 to 4 5 to 8	Jog x 4 (Opposite leg leads from beginning) Double hop x 2	Reach arms (up and down) Reach arms up on first double hop, reach arms down on the second

	1 to 8	Double step touch x 2	Reach left arm (up and down) on first double step, opposite arm on hip Reach right arm (up and down) on second double step, opposite arm on hip
	1 to 4 5 to 8	Grape to vine Grape to vine turn and face side (Grape to vine L)	Blade arms tucked in, straight up above head, straight out to the side, and down along sides Rolling
	1 to 4 5 to 8	Flick kick x 2 Turn 180 degrees, one leg lunge down to push up position	Opposite arm to leg straight out in front, and same arm as leg straight out to side x 2 One arm on hip, other arm circles straight up and down to push up position
6	1 to 16	<b>Push Ups x 4</b>	
	1 to 4 5 to 8	<b>Splits (or lunge)</b> Drag front leg around to tricep push up position	
	1 to 4 5 to 6 7 to 8	<b>Tricep push up or wide push up</b> Jog legs in Stand to face front	Hands on hips
7	1 to 8	<b>Jumping Jacks x 4</b> on the spot	Fists on hips
	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 Arms in at chest ready to push out on side push
	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	Punch arms forward and return to side of body
8	1 to 8	Flick kicks x 4	Opposite arm to leg straight out in front, and same arm as leg straight out to side x 2
	1 to 6 7 to 8	<b>Split Leap</b> Side leg kick	Opposite arm to leg straight out in front, and same arm as leg straight out to side Star arms straight out to either side
	1 to 8	Knee lifts x 4	Bicep curls
	1 to 2 3 to 4 5 to 6 7 to 8	Step together Show time <i>Step together</i> Show time	Reach arms (forward and down) One arm on hip, other arm up in diagonal star Reach arms (forward and down) One arm on hip, other arm up in diagonal star
9	1 to 2	<i>Step out, lunge into bent leg</i>	<i>One arm on hip, other arm points down to the right (across body), then points up to the roof as lunging into bent leg</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.