

Voodoo Child - Level 2

Block	Counts	Legs	Arms
1	1 to 2	Hold Start Pose	One arm up on slight angle, other arm over head with hand on opposite arm
	3	Showtime	Arms down to side
	4 to 6	3 x Jog (turning)	Hands on hips
	7 to 8	Jumping Jack	Arms up above head, hands onto hips
	1 to 4	2 x Double Hop	Both arms up to roof (2 counts), Both hands on hips (2 counts)
	5 to 6	Double Jack (feet wide)	Arms straight down across body with hands crossed
	7 to 8	2 x Knee Lift	Arms crossed in front of chest
	1 to 6	Chase step split leap	From crossed position swing arms straight out to the side
	7 to 8	Jumping Jack	Hands on hips
	1 to 2	Easy Walk Half Turn	One arm reaches into air on a diagonal, then other arm up
	3 to 6	4 x Jogs	One hand to hip, then the other hand, reach one arm up to the roof, then the other arm
	7 to 8	3 x Knees	Hands on shoulders
2	1 to 4	Grapevine Half Turn	Arms straight out to side, up, out and straight down by side
	5 to 8	Grapevine (finish feet together)	Arms straight out to side, up, out and straight down by side
	1 to 2	Showtime, Knee Lift	Hands on hips
	3 to 4	Jumping Jack 1/4 Turn	Hands on hips, One arm up one arm out
	5 to 6	Tuck Jump Half Turn	Optional arms
	7 to 8	Hold Landing	Hands on knees, hands out by side
	1 to 4	2 x Flick Kick	Arms straight by side lift to shoulder height forming a 90 degree angle x 2
	5 to 6	Step Knee Lift	One hand on hip, reach other arm to roof
	7 to 8	Lunge	Take hand to ground
	1 to 6	Roll Forward	
	7 to 8	Turn Head to the front and	
3	1 to 4	Tricep Push-up	
	5 to 8	Roll over to L - Sit	

	1 to 4 5 to 8	L Support Roll over to front support, jump feet in	
	1 to 6 7 to 8 1 to 4 5 to 8	3 x Knee Lifts Turning Prepare for turn Reverse Pirouette Turn Vertical Split	Reach arms to roof and down to shoulders x 3 Arms at 90 degree angle Optional arms Reach arms to floor
4	1 to 2 3 to 4 5 to 6 7 to 8	Facing the side double hop with straight leg, (1/4 turn) 2 x jog (facing the back) Step Hop ½ turn Jumping Jack 1/4 turn	One hand on hip, one arm up on a diagonal Hands on hips Reach arms up to roof together, then take arms straight down to side Hands on hips
	1 to 4 5 to 8	Low squat to Push up Rollover to Straddle Sit	
	1 to 4 5 to 8	Straddle Support (Tuck press, Lift feet off ground) Sagittal Splits (Lunge)	
	1 to 8	Rollover to lunge and stand up	
5	1 to 8	Compulsory High leg Kicks	Punch Arms x 4
	1 to 4 5 to 8	2 x Hamstring Curls 1 x Hamstring Curl Behind	Arms reach to roof and down to shoulders x 2 Arms reach to roof and then down to floor and cross hands
	1 to 4 5 to 6 7 to 8 1 to 4 5 to 6 7 to 8	Chase Step Hop Pendulem Jumping Jack 4 x Jog Jumping Jack Slide Together	Arms straight out at shoulder height forming a 90 degree angle Hands on hips Hands on hips Reach arms up and down into shoulders x 4 Hands on hips Arms out on a diagonal
6	1 to 4 5 to 8	Step Scissor Kick Knee Crossover	Punch arms out from shoulders Hands on hips
	1 to 4 5 to 8	2 x Step Knee 4 x Jog	Punch one arm out, punch the other arm out Reach up to roof and down to shoulders x 4

	1 to 2 3 to 4 5 to 8	Double Hop Squat Prepare Side Leg Kick	Both arms up to roof Hands on thighs Arms crossed in front of body, arms straight out
	1 to 4 5 to 8	Take Leg Behind Lunge down to ground Rollover Push up position	
7	1 to 8	Compulsory Push-ups (feet must be together)	
	1 to 8	Compulsory Push-ups (feet must be together)	
	1 to 4 5 to 8	Roll to side, lying side kick Stand	
8	1 to 8	Compulsory Jumping Jacks and 24 count Phase	Optional Arms
	1 to 8		Optional Arms
	1 to 8		Optional Arms
	1 to 8		Optional Arms
	1 2 to 3 4 to 5 6 to 8	Straight Leg 2 x Knee Lift Jumping Jack Air Jump Full Turn	Hands on hips hands on hips Hands on hips, One arm up to roof, one arm straight out to side Optional arms
9	1 to 2 3 to 6 7 to 8	Step Together 2 x Show Time Jumping Jack	Arms straight out in front, hand to hips One hand on hip, one arm up on a diagonal bring back to hip and back to diagonal Hands on hips
	1 to 4 5 to 6 7 to 8	2 x Flick Kick <i>Step Knee</i> <i>End Pose</i>	Arms straight by side lift to shoulder height forming a 90 degree angle x 2 <i>Reach one arm up, arms together in front of body</i> <i>One hand on hip one arm up on diagonal</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.