

## Yeh Yeh - Level 2

Block	Counts/ Highlights	Legs	Arms
1	1 to 4 5 to 6 7 to 8	<i>Start Pose</i> <i>Stand Up</i>	<i>Slap knees, hands reach in front</i>
	1 to 4  5 to 6 7 to 8	4 x Jogs  1 x Double Hop 1 x Jumping Jack	Arms up in air, Both hands I fist in front of shoulders, Right hand behind ear and left hand pointing in front, Both hands in front of face in stars  Punch both arms outwards twice Reach arms up into the air
	1 to 4 5 to 8	<b>Full turn Jump</b> 2 x Shuffles and a Jumping Jack	Arms optional Hands on Hips
	1 to 8	2 x Easy Walks	Punch Right arm out to the side and left arm up next to ear Punch both arms out to the side with fists Cross over the body Down next to side
2	8	<b>Jumping Jacks x 4</b>	Add own armlines
	24	Own Choreography	Add own armlines
3	1 to 8	Transition down to the ground Cross right leg over left Turn 360 degrees to sit down on bottom (feet still crossed)	Arms out in star position Slide hands down side and across the body
***	1 to 4 5 to 8	Legs straddle out to a wide position <b>Straddle Press (Feet off floor) or L Press (bottom off floor)</b>	Hands optional
	1 to 4 5 to 8	Come up to sitting position Swing legs together and roll over to side on Push Up Position	Hands out
	1 to 16	<b>Compulsory Push Ups (knees or toes)</b>	
4	1 to 2 3 to 4 5 to 8	Lunge up Stand Tall <b>Vertical Split</b>	Arms up next to ears Finish with arms next to ears
	1 to 4 5 to 8	Grapevine to the back with one knee lifts turning to the back Two more knee lifts to finish facing the front	With straight arms come halfway down, all the way down, bicep curl and finish at the top With straight arms come halfway down then all the way down (2 beats for each)
	1 to 4 5 to 8	2 x Showtime to the right <b>Scissor Kick</b>	Straight Arms with Star hands reaching out to the side twice Arms out to the side then finish down
	1 to 6 7 to 8	6 x Jogs Jumping Jack to face side	Punch Forward

5	1 to 8	<b>High Leg Kicks x 4</b>	Optional Arms
	1 to 2 3 to 4 5 to 8	Squat Jump feet together and turn to the back with one more to finish facing the front Step together Air Jack	Arms slide down to finish on the knees Left arms straight out to the side and right arm behind head Arms reach out to the side
	1 to 4 5 to 8	Step Double Knee Cross Over Step ¾ turn knee lift x 2 to face side on	
	1 to 2 3 to 4 5 to 6 7 to 8	2 Knee Lifts 2 x straight leg lifts Step together Jumping Jack ¼ turn to face the front	
6	1 to 4 5 to 8	Side Leg Kick Chasse 1 x Low straight leg kick 1 x flick kick	Out to the side In front latin hands Push Forward Push Forward
	1 to 4 5 to 8	1x Grapevine 1x Double Knee cross over	Reach forward and pull down
	1 to 2 3 to 6 7 to 8	Zorba - Step behind step in front 2 x knee repeater Glide together	Arms go across the body one way then the other. Reach forward and backward with arms Reach forward and down
	1 to 4 5 to 8	Double Step (high impact) <b>1 x tuck jump half turn</b>	Left reach, right reach Optional
7 ***	1 to 8	Low squat to Push Up position	
***	1 to 8	<b>Tricep Push ups or wide push up</b>	
	1 to 4 5 to 8	Seated Fan Kick - Sit down and roll form back to front Face the front with the legs together then straddle them out	Arms stretched behind
	1 to 8	<b>Straddle Press (Feet off floor) or L Press (bottom off floor)</b>	Hands optional
	1 to 4 5 to 8	Straddle the legs, start rolling through <b>splits</b> (right, left or centre) Roll completely through to finish on stomach Join legs together, sit up and turn to face the front to kneel upwards.	
8	1 to 2 3 to 4 5 to 6 7 to 8	Step hop forwards, 3 fast jogs Step Touch Show time	Arms reach up the centre of the body to finish bin a Y position above head Push arms down the body Punch arms forward Reach out to the side with one arm and other arm on the hip
	1 to 8	8 x Jogs	Single, Single, Double Reach
	1 to 6 7 to 8	<b>Chasse Split Leap</b> Step jump feet together clap	Optional arms, Clap on jump landing
	1 to 8	8 x Jogs	Arms out to the side. Arms up to the roof. Arms out to the side.

			Arms down next to the body. 2 Bicep curls. One beat for each armline.
9	1 to 8	<b>Full turn pirouette</b> Ball change or step Sagittal High Leg Kick	
	1 to 2 3 to 8	Double Hop 6 Jogs	Punch air Punch down and up for six jogs
	<i>Cymbals</i>	<i>Lunge Left</i> <i>Lunge Right</i>	<i>Right arm behind head. Left arm out to the front.</i> <i>Right arm out in front, Point behind head</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.