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Part A 32 Count

SEC 1 **ARM UP, ARM UP, ARMS DOWN**

- 1-2 Lift left arm straight up with fingers fanned out, lift right arm up with fingers fanned out
3-8 Bring outstretched arms slowly down to your lap, palms down, fingers fanned out

SEC 2 **UPPERCUTS, CHEST FLYE OUT, IN, STIR THE POT**

- 1-2 Raise left arm up making a fist bent at elbow blocking your face, raise right arm up making a fist bent at elbow blocking your face next to your left arm
3 At the same time swing left arm bent at elbow out to the left side and right arm bent at elbow out to the right side while opening both of your legs wide outward
4 At the same time swing your left arm making a fist bent at elbow to the right blocking your face and swing right arm making a fist bent at elbow to the left blocking your face next to your left arm as you close your legs
5-6 With arms outstretched horizontally in front of you place your left fist on top of your right as if holding a broom stick vertically and move your arms in a circle clockwise as if stirring a large pot with a spoon
7-8 With arms outstretched horizontally in front of you place your left fist on top of your right as if holding a broom stick vertically and move your arms in a circle clockwise as if stirring a large pot with a spoon

REPEAT FROM THE BEGINNING OF PART A

Part B 32 Count

SEC 1 **ELBOWS OUT, STOMP & CLAP, FAN FINGER CROSS, POINT BACKWARDS LEFT**

- 1-2 Jab left elbow horizontally out to the left, jab right elbow horizontally out to the right
3&4& Stomp left foot on the ground, clap, stomp left foot on the ground, clap
5 With fingers fanned out cross left hand palm down to the right horizontally in front of you while you cross right hand palm down horizontally towards the left underneath the left,
& Uncross left hand palm down to the left horizontally in front of you while you uncross right hand palm down horizontally towards the right underneath the left
6 With fingers fanned out cross left hand palm down to the right horizontally in front of you while you cross right hand palm down horizontally towards the left underneath the left,
& Uncross left hand palm down to the left horizontally in front of you while you uncross right hand palm down horizontally towards the right underneath the left
7& Making a left hand fist with your thumb sticking up and your left arm bent at the elbow point left thumb backwards towards left shoulder, bring left hand down towards lap,
8& bring left hand back up pointing backwards towards left shoulder, bring left hand down towards lap

Sit Upside Down
Continues... Page 1 of 2



Sit Upside Down

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SEC 2 POINT BACKWARDS RIGHT, SPEED BAG FIST ROLLS LEFT & RIGHT, CROSS ARMS ON CHEST

- 1& Making a right hand fist with your thumb sticking up and your right arm bent at the elbow point right thumb backwards towards right shoulder, bring right hand down towards lap,
- 2& Bring right hand back up pointing backwards towards right shoulder, bring right hand down towards lap
- 3-4 With your arms bent horizontally at the elbow twirl your fists outward in a circle around each other towards the left
- 5-6 With your arms bent horizontally at the elbow twirl your fists outward in a circle around each other towards the right
- 7-8 Cross left arm across chest with left fist touching right shoulder, cross right arm over left arm with right fist touching left shoulder

SEC 3 UNCROSS ARMS, ARMS OUT, WAVE BACK, VICTORY

- 1 Uncross arms touching left fist to left shoulder and right fist to right shoulder
- 2 Swing arms down reaching in front of you horizontally with hands open
- 3& Bending your arms at the elbow bring your open hands backward to touch your shoulders,
- 4& bend arms down reaching in front of you horizontally with hands open
- 5&6& With left arm bent horizontally in front of you clasp your right hand and shake it back & forth
- 7&8& With right arm bent horizontally in front of you clasp your left hand and shake it back & forth

SEC 4 ARM OUT RIGHT, IN, ARM OUT LEFT, IN, STOP, STOP, CROSS, UNCROSS

- 1 As you look to the right stretch right arm horizontally to the right as your left hand touches the left side of your chest
- 2 As you look to the right bend right arm horizontally in to the left so your right hand touches the right side of your chest as your left hand touches the left side of your chest
- 3 As you look to the left stretch left arm horizontally to the left as your right hand touches the right side of your chest
- 4 As you look to the left bend left arm horizontally in to the left so your left hand touches the left side of your chest as your right hand touches the right side of your chest
- 5 With your left arm bent at the elbow lift your left hand vertically up palm facing outward
- 6 With your right arm bent at the elbow lift your right hand vertically up palm facing outward
- 7 Cross your left hand to the right behind your right as you cross your right hand to the left in front of your left
- 8 Uncross your left hand to the left behind your right as you uncross your right hand to the right in front of your left

