

## **OTHELLOS DANCE LESSON**

This week's dance lesson is to the track "Eye Of The Tiger"

The aim of the dance I have put together is to help with your physical wellbeing. So for this lesson I have combined physical fitness with dance.

I would like you to follow the routine the best that you can. It doesn't matter if you go wrong.

This routine should help to improve your stamina & fitness. Give it lots of energy, but most importantly have lots of fun with it.

**Here is the Choreography broken down. Please follow along with video if you wish.**

**On intro** – Start Head down, hands by your sides

### **Section 1**

When strong beats come in – Head comes up as you cross both arms across chest, right arm down, left arm down, cross arms across chest again. Right arm down, left arm down, cross arms again. Right arm down left arm down then, bring both arms out to the sides & above your head.

Repeat section 1 again.

### **Section 2**

Bend your knees, come up & punch right arm across body to left. Repeat to the other side. X 8

Rock from side to side, fists in front of face X 16

Squats X 4

### **Section 3**

Punch right fist across body, pull back X 8. Repeat to the other side with the left fist X 8

Repeat section again

### **Chorus**

Boxing fists high to the right, then to the left. X2

Skip with pretend rope X 8

Repeat boxing section only

Step Right leg out, step left leg out. Right fist in air, Hold, bring arm down slowly

### **Section 4**

Punch right arm down low to left side X 8. Repeat with to the other side with left arm.

**Repeat Chorus + 4 squats**

### **Section 5**

Face body to the right, punch right fist to the front X 8, Repeat with left fist to left side X 8

**Repeat Chorus**

**Repeat Section 1 until the end**