

TEENY BOPPERS 2021

DEPARTMENT: SMILE-KATY PERRY (2.45)

1. STEP ON L FLAT
 2. R TO X STEP (10-12 HOP)
 3. POINT R TO FRONT (10-12 HOP)
 4. R TO FEET TOG FLAT
 5. STEP R BACK FLAT
 6. L TO X STEP (10-12 HOP)
 7. POINT L TO FRONT (10-12 HOP)
 8. L TO FEET TOG FLAT
 9. POINT L TO L SIDE FLAT
 10. L TO FEET TOG FLAT (10-12 ON TOES)
 11. POINT R TO R SIDE FLAT
 12. L TO FEET TOG (10-12 ON TOES)
 13. POINT L TO FRONT FLAT
 14. L TO FEET TOG (10-12 ON TOES)
 15. POINT R TO FRONT FLAT
 16. R TO FEET TOG FLAT
- REPEAT R

EXERCISES: LOSE SOMBODY-KYGO & ONE REPUBLIC

(1.58)

INTRO: 1X16

NO1: 1X16

NO2: 1X16

NO3: 1X16 (10-12YRS 2X16 EVERBEAT L & R)

NO4: 1X16 (10-12YRS 2X16 EVERYBEAT L & R)

NO1: 1X16 TO R

NO2: 1X16 TO R

NO3: 1X16 TO R (10-12 2X16 EVERYBEAT L & R)

NO4: 1X16 TO R (10-12 2X16 EVERYBEAT L & R)

NO1:

- 1. REACH**
- 2. FLIGHT**
- 3. XBEND**
- 4. L DIAG UP, R DOWN IN LINE PD**
- 5. CHANGE ARMS**
- 6. ARMS DOWN OUT FROM SIDES**
- 7. L HAND MID**
- 8. R HAND MID**
- 9. XBEND**
- 10. L FLIGHT**
- 11. R FLIGHT**
- 12. NECKREST**
- 13. LATERAL L**
- 14. BODY UPRUGHT**
- 15. UPSTRETCH**
- 16. RECOVER**

NO2:

- 1. STEP L FWD & REACH**
- 2. BEND L KNEE, ARMS SWING BACK PASS BODY**
- 3. HANDS ON L KNEE, L ON TOP**
- 4. STRAIGHTEN L KNEE & UPSTRETCH THRU REACH**
- 5. STEP L TO L SIDE FEET APART & FLIGHT**
- 6. OVER TOUCH KNEES, HEAD UP**
- 7. OVER TOUCH IN FRONT OF TOES, HEAD UP**
- 8. UPRIGHT & REACH**
- 9. L ARM FLIGHT**
- 10. R ARM FLIGHT**
- 11. LOCK THUMBS OVERHEAD**
- 12. OVER TO TOUCH FLOOR HEAD UP**
- 13. ONE ON EACH FOOT, HEAD UP**
- 14. UPRIGHT & OBLIQUE**
- 15. TOE POINT L TO L SIDE & FLIGHT**
- 16. RECOVER**

NO3: (10-12YRS EVERY BEAT L & R) HAND BEHIND BACK

- 1. POINT L TO FRONT**
- 2. POINT R TO FRONT**
- 3. TAKE R FOOT ACROSS L BEND KNEES
(10-12 R TO L FEET TOG ON TOES)**
- 4. POINT L TO L SIDE**
- 5. OPP 3 (10-12YRS FEET TOG ON TOES)**
- 6. OPP 4**
- 7. STEP BACK ON R, POINT L TO FRONT (10-12YRS R TO
FEET TOG ON TOES THEN KICK L SHIN HIGH)**
- 8. RECOVER FEET TOG**
- 9. STEP ON L TO FRONT**
- 10. R TO XSTEP (10-12YRS KICK R SHIN HIGH)**
- 11-12. OPP 9-10 (10-12YRS COUNT 11-12 R TO FEET TOG
THEN KICK L SHIN HIGH)**
- 13.L FOOT ACROSS R BEND KNEES (10-12YRS L TO R ON
TOES)**
- 14. POINT R TO R SIDE STRAIGHTEN KNEES**
- 15. STEP BACK ON R POINT L TO FRONT (10-12YRS R TO
L ON TOES, KICK L SHIN HIGH)**
- 16. RECOVER
(10-12YRS TO R)**

NO4: (10-12YRS EVERYBEAT L & R)

- 1. L DRAG**
- 2. R DRAG**
- 3. L XBEND**
- 4. R XBEND**
- 5. L YARD**
- 6. R YARD**
- 7. L NECKREST**
- 8. R NECKREST**
- 9. L FLIGHT**
- 10. R FLIGHT**
- 11. L TOPSTAND**
- 12. R TOPSTAND**
- 13. L OBLIQUE**
- 14. R OBLIQUE**
- 15. CLAP OVERHEAD**
- 16. CLAP SIDES**
(10-12YRS TO R)

REPEAT 8-9YRS NO1, NO2, NO3 & NO4 TO R

10-12YRS NO1, NO2 TO R, NO3 & NO4 EVERY BEAT L & R

RHYTHM & FLOOR: STANDING WITH YOU-GUY

SEBASTIAN (2.34)

INTRO: 1X8

NO1: 1X16

NO2: 1X16

NO3: 1X16

NO4: 1X16

NO5: 1X8

NO1: 1X16 (10-12YRS TO R)

NO2: 1X16 (10-12YRS TO R)

NO3: 1X16 (10-12YRS TO R)

NO4: 1X16 (10-12YRS TO R)

NO1:

- 1. JUMP TO FLOOR BEND KNEES, HANDS TO FLOOR**
- 2. TAKE L LEG OUT TO L SIDE STRAIGHT**
- 3. SIT TO HALF LONGSIT, ARMS LONGSIT**
- 4. FLIGHT**
- 5. R HAND ON FLOOR, L HAND POINT TO CEILING
LOOK UP (10-12YRS LIFT UP ON R KNEE)**
- 6. BODY UP & FLIGHT**
- 7. L LEG BEND IN FRONT, CROSS LEGS, FACING FRONT &
REACH**
- 8. LEGS STRAIGHT TO FRONT, TOUCH SIDES OF ANKLES**
- 9. BEND L KNEE, BODY UP, L ARM BACK PASS BODY,
(10-12YRS L ARM THRU UPSTRETCH. L ON TOE)**
- 10. BEND R KNEE, R ARM LONGSIT (10-12 THRU R ARM
THRU UPSTRETCH, R ON TOE)**
- 11. HANDS FLAT ON FLOOR, LIFT L FOOT UP KNEES TOG**
- 12. CHANGE LEGS (10-12YRS LIFT R TO L)**
- 13. BOTH FEET TO FLOOR BEND KNEES (10-12 ON TOES)**
- 14. STRAIGHTEN LEGS, BODY UP & UPSTRETCH THRU
REACH**
- 15. TAKE L LEG OUT TO LFI & FLIGHT**
- 16. R TO L LEGS TOG & LONGST TO LFI**

NO2:

- 1. ROLL TO BACK**
 - 2. ROLL TO FRONT**
 - 3. ROLL ONTO STOMACH FACING RBI, HANDS BESIDE HEAD**
 - 4. BEND L KNEE, TOES POINT TO CEILING**
 - 5. BEND R KNEE, TOES POINT TO CEILING BOTH**
 - 6. LEGS DOWN FLAT, PUSH UP ON HANDS, ELBOWS STRAIGHT**
 - 7. ROLL BACK ONTO R HIP, KNEES BENT FACING FRONT LEANING ON R ELBOW, L HAND FACING R SIDE WALL**
 - 8-9. ROLL OVER TO ALL FOURS FACING R SIDE WALL**
 - 10. LIFT L LEG UP (10-12YRS R HAND TO REACH)**
- HEADUP**
- 11. L LEG BACK TO ALL FOURS HEAD DOWN**
 - 12-13. OPP 9-10**
 - 14-15. PUSH BACK ONTO TOES STAND UP & UNFOLD TO UPSTRETCH (10-12YRS ON TOES)**
 - 16. STEP L TO L SIDE FEET APART FACE FRONT, HANDS THRU YARD TO SIDES**

NO3:

- 1. BEND L KNEE & L YARD LOOK**
- 2. STRAIGHTEN KNEE, L ARM REACH**
- 3-4. OPP 1-2**
- 5. POINT L & FLIGHT**
- 6. RECOVER L & UPSTRETCH**
- 7. BEND KNEES, ARMS THRU REACH BACK PASS BODY
(10-12YRS LOW BEND)**
- 8. STRAIGHTEN KNEES & REACH**
- 9. UNFOLD L TO YARD PU LOOK**
- 10. OPP 9**
- 11. IMPULSE TO FLIGHT LOOK TO FRONT**
- 12. UPSTRETCH**
- 13. L DOWN OUT FROM SIDE PD LOOK**
- 14. OPP 13**
- 15. 5TH LOOK UP**
- 16. RECOVER**

NO4:

- 1. BEND KNEES THEN STRAIGHTEN, STEP L TO FRONT POINT R AT BACK, L ARMS SWINGS BACK R TO REACH**
- 2. BEND KNEES THEN STRAIGHTEN, STEP BACK ON R POINT L TO FRONT & CHANGE ARMS**
- 3. LUNGE ON L, R ARM TO REACH BOTH**
- 4. IMPULSE TO HIGH REACH PD (10-12YRS DEEPER LUNGE)**
- 5. STRAIGHTEN L KNEE, POINT R AT BACK & UPSTRETCH**
- 6. LIFT R UP AT BACK, HANDS THRU YARD TO DANCING POSITION (10-12YRS LONGLINE)**
- 7. R LEG DOWN FLAT, LUNGE INTO L & REACH**
- 8-9. HALF SPLIT TO FRONT, HANDS THRU UPSTRETCH TO FLOOR (10-12YRS SPLIT)**
- 10. HALF LONGSIT, R LEG OUT TO R WALL & FLIGHT**
- 11. LEAN R, L 5TH R TO R SHIN (10-12 ANKLE)**
- 12. BODY UPRIGHT & 5TH**
- 13. IMPULSE TO UPSTRETCH LOOK UP**
- 14. SIT ON L HIP, R LEG TO L, KNEES FRONT, HANDS LFI**
- 15. ROLL OVER ONTO KNEES, HANDS ON FLOOR UNDER SHOULDERS**
- 16. KNEEL UP ON KNEES & UNFOLD TO UPSTRETCH LOOK UP**

NO5:

- 1. SQUARE KNEEL ON R, L LEG UP, HANDS ON L KNEE
L ON TOP**
- 2. STAND UP & POINT R AT BACK & REACH**
- 3. STEP BACK ON R, POINT L TO FRONT & IMPULSE TO
REACH PD**
- 4. STEP L TO L SIDE & UNFOLD TO YARD PU**
- 5. L ARMS SWINGS UP THRU UPSTRETCH CROSS BODY
TO DRAG PD LOOK**
- 6. OPP 5**
- 7-8. TAKE L FOOT ACROSS R, SPIN BY R TO FRONT,
ARMS CROSS LOW L ON TOP TO OVER HEAD TO SIDES**

8-9YRS REPEAT NO1-4 TO L

10-12YRS REPEAT NO1-4 TO R

DANCE: TREAT PEOPLE WITH KINDNESS-HARRY STYLES

(2.15)

INTRO: 1X16 2ND BEAT

NO1: 1X16 EVERYBEAT

NO2: 1X16 EVERYBEAT

NO3: 1X16 EVERYBEAT

NO4: 1X16 EVERYBEAT

NO5: 1X16 2ND BEAT

NO1: 1X16 (10-12YRS TO R) EVERY BEAT

NO2: 1X16 (10-12YRS TO R) EVERY BEAT

NO3: 1X16 (10-12YRS TO R) EVERY BEAT

NO4: 1X16 (10-12YRS TO R) EVERY BEAT

NO5: 1x16 2nd BEAT

NO6: 1X16 2nd BEAT

NO7: 1X10 2nd BEAT

NO1: EVERYBEAT

- 1-2. STEP L TO L SIDE BEND KNEES THEN STRAIGHTEN, ARMS SWING TO L YARD, R PULL BACK TO XBEND CF**
- 3-4. BEND KNEES THEN STRAIGHTEN, CHANGE ARMS**
- 5. ARMS SWING LOW ACROSS TO L SIDE FS PB L HIP OUT**
- 6. OPP 5**
- 7. SAME AS 5**
- &. SAME AS 6**
- 8. SAME AS 5**
- 9. L TO R ON TOE, SWIM L TO REACH PD FS MOVE HIPS LR**
- 10. SWIM R TO REACH PD FS MOVE HIPS LR**
- 11-12. STEP BACK ON L, BODYWAVE TO FRONT, ARMS UNFOLD TO OPEN HEAVE TO SIDES FS**
- 13-16. TAKE R FOOT OVER L, SPIN BY L TO FRONT, UNFOLD ARMS TO UPSTRETCH TO SIDES FS**

NO2: EVERY BEAT

- 1. STEP L TO L SIDE & PUMP ARMS**
- 2. R TO L ON TOE & PUMP ARMS**
- 3-4. SAME AS 1-2**
- 5. STEP R TO R SIDE & UPSTRETCH PF FS**
- 6. TAKE L AROUND TO R, FACE BACK WALL & OBLIQUE PF FS**
- 7. TAKE R AROUND TO L SIDE WALL & YARD PF FS**
- 8. L TO R TO FEET TOG, FACE FRONT & HANDS TO DANCING POSITION**
- 9-12. SIDE SKIP LRLR**
- 13-14. STEP BACK ON L, POINT R TO FRONT, R HAND THRU HEAVE TO POINT AT REACH (10-12YRS KICK R SHIN HIGH)**
- 15-16. OPP 13-14**

NO3: EVERY BEAT

- 1-2. STEP L TO L SIDE, HANDS CROSS ON CHEST, L ON TOP**
- 3. POINT R TO R SIDE, OPEN ARMS TO L HIGH FLIGHT, R DOWN IN LINE FS LOOK R**
- 4. R FOOT TO L FEET TOG ON TOE & OPEN HEAVE**
- 5-6. OPP 1-2**
- 7. OPP 3**
- 8. OPP 4**
- 9. L HAND PUSH THRU HEAVE TO OBLIQUE FW FS HIPS LR**
- 10. R HAND PUSH THRU HEAVE TO OBLIQUE FW FS HIPS LR**
- 11-12. ARMS CROSS ON OPP SHOULDERS, L ON TOP HIPS LRLR**
- 13-16. WIGGLE BODY DOWN TWICE & THEN UP TWICE, KNEES BENDING & BODY MOVING LRLR TWICE**

NO4: EVERYBEAT

- 1-2. L ARM THRU UPSTRETCH TO DANCING POSITION**
- 3-4. OPP 1-2**
- 5-6. L ARM OUT THRU YARD TO MUSCLE MAN HEAVE**
- 7-8. OPP 5-6**
- 9-10. STEP L TO L SIDE, ARMS SWING TO L SIDE THEN R SIDE OVERHEAD, HIPS GO LR CF**
- 11-12. ARMS SWING TO L, THEN CIRCLE BACK AROUND OVERHEAD TO R THEN L HIPS GO LRL CF**
- 13. ARMS SWING DOWN TO R SIDE CF HIP R**
- 14. ARMS SWING LOW ACROSS TO L SIDE CF HIP L**
- 15-16. ARMS SWING BACK TO R, R HIP OUT THEN CONTINUE BACK TO R THEN CIRCLE IN FRONT TO OUT FROM SIDES, HIPS GO RLR, L FOOT TO R ONTOE**

NO5: 2ND BEAT (TIK TOC WATCH VIDEO)

- 1. R HAND POINT TO L SHOULDER, L SHOULDER MOVES FWD THEN BACK A LITTLE**
 - 2. HANDS CLAP AT REACH**
 - 3-4. HANDS DOWN & UPTO L BENT NEAR WAIST CF, R BENT BACK A LITTLE FROM WAIST CF, BODY MOVES L, BEND L KNEE, THEN CHANGE ARMS**
 - 5. STEP BACK ON L TO LBI, BODY WAVE, R HAND FINGER POINTING GOES DOWN BODY STARTING AT HEAD**
 - 6. R TO L ON TOE, R HAND ACROSS TO L SHOULDER THEN XBEND CF, THEN OUT TO UNDER YARD PU CF**
 - 7-8. R HAND THEN TWIST TO DRAG CF PD, R HAND TWIST TO DRAG CF, L HAND TO DRAG CF PD BODY MOVES**
 - 9. STEP FWD ON R, BENT KNEE, CLASP HANDS TOG IN FRONT OF CHEST, THEN TRANSFER WEIGHT (MOP)**
 - 10. R TO FEET TOG ARMS CROSS IN FRONT OF CHEST, L ON TOP, FINGER POINT TO OPP SHOULDERS, FS**
 - 11. PUSH HANDS UP TO BESIDE HEAD, FS PF & SHAKE HANDS**
 - 12. HANDS TO MID BUT ELBOWS BENT**
 - 13. SHAKE SHOULDERS LRLR**
 - 14. L HAND TO SIDE, R PUSH THRU HEAVE, THEN ACROSS BODY TO L SIDE THEN TO L SHOULDER, THEN BOTH LOW MID, ELBOWS BENT, THEN CROSS ARMS L ON TOP AT CHEST, THEN PULL BACK OF CHEST**
 - &. HANDS MOVE FROM WRIST DOWN, THEN UP FS**
 - 15.16. UNFOLD ARMS TO UPSTRETCH THEN CONTINUE DOWN TO SIDES, BODY MOVES, L TO FEET APART REPEAT NO1, NO2, NO3, NO4 (10-12YRS TO R) EVERYBEAT**
- NO5 TO L EVERY 2ND BEAT**

NO6: EVERY 2ND BEAT

- 1-2. R HIP OUT THEN L THEN R THEN L, L HAND TO JUST BELOW YARD, THUMB UP, THEN TO SIDES THEN UP**
- 3. CHANGE HIPS, FACE RFI, INDEX FINGERS TOUCH IN FRONT OF CHEST**
- 4. CHANGE HIPS, FACE LFI, AND MAKE HAND MOTIONS INTO A HEART**
- 5. CHANGE HIPS, FACE RFI, HANDS ON OPP SHOULDERS, L ON TOP**
- 6. CHANE HIPS, HANDS OPEN HEAVE, FACE FRONT**
- 7. CHANGE HIPS, L HEEL JUST OFF FLOOR. L HAND HEAVE**
- 8. CHANGE FEET, R HAND HEAVE, L TO SIDE**
- 9. CHANGE FEET L HAND TO REACH CF, R SIDE**
- 10. CHANGE FEET & ARMS**
- 11. FEET FLAT, L HAND UNFOLDS TO CROSS BODY**
- 12. R HAND UNFOLDS TO ON TOP OF L**
- 13. HANDS TOG IN FRONT OF CHEST (PRAYING)**
- 14. RISE ON TOES, HANDS STILL TOGETHER, PUSH FINGERS FORWARD THEN BACK TO PRAYING**
- 15. L FOOT TO R, L HAND UNFOLDS TO SIDE**
- 16. R HAND UNFOLDS TO SIDE**

NO7: EVERY 2ND BEAT

- 1. L HAND ON R SHOULDER**
- 2. STEP L TO L SIDE, L HAND OBLIQUE CF, L HIP OUT**
- 3-4. L HAND SWINGS AROUND BEHIND HEAD TO OBLIQUE, HIPS RLR**
- 5. L FOOT TO R FEET TOG, R HAND ON L SHOULDER**
- 6. OPP 2**
- 7-8. OPP 3-4**
- 9. HANDS ON OPP SHOULDERS, L ON TOP, LOOK UP**
- 10. HANDS UNFOLD TO OBLIQUE, FS PF LOOK UP**