

# **TINY TOTS 2021**

**DEPARTMENT: LOVE SONG-DARYL BRAITHWAITE**

**ALL SONG\_(3.15)**

**1. STEP ON L FLAT**

**2. R TO CROSSING STEP**

**3. POINT R TO FRONT**

**4. RECOVER R TO FEET TOGETHER**

**5. POINT L TO L SIDE**

**6. L TO FEET TOGETHER**

**7. POINT R TO R SIDE**

**8. R TO FEET TOGETHER**

**REPEAT R**

## **EXERCISES: ADORE YOU-HARRY STYLES (1.18)**

**INTRO: 1X8**

**NO1: 1X16**

**NO2: 1X16**

**NO3: 1X16**

**NO4: 1X8**

**NO1:**

**1. STEP L TOL SIDE, L ARM FLIGHT**

**2. R ARM FLIGHT**

**3. L CROSS BEND**

**4. R CROSS BEND**

**5. L OBLIQUE**

**6. R OBLIQUE**

**7. TOPSTAND**

**8. L TO FEET TOG & HEAVE**

**9-16. OPP 1-8**

**NO2:**

**1. HIPS FIRM, POINT L TO FRONT**

**2. L TO R SHIN**

**3. L TO R CALF**

**4. L TO FEET TOG**

**5. POINT L TO L SIDE**

**6. L TO FEET TOG**

**7. POINT L TO FRONT**

**8. L TO FEET TOG**

**9-16. OPP1-8**

**NO3:**

**1. STEP L TO L SIDE & YARD**

**2. FINGERS ON FLOOR IN FRONT OF TOES**

**3. FINGER ON FLOOR UNDER SHOULDERS (REACH)**

**4. TOUCH IN FRONT OF TOES**

**5. HANDS ON KNEES**

**6. REACH**

**7. TOE POINT L & UPSTRETCH THRU REACH**

**8. L TO FEET TOG, ARMS SIDES THRU YARD**

**9-16. OPP 1-8**

**NO4:**

- 1. POINT L TO FRONT, ARMS REACH**
- 2. LUNGE ON L, HANDS TOG AT REACH**
- 3. TURN ON HEELS TO FACE R SIDE WALL & FLIGHT**
- 4. TURN ON HEELS FACE BACK WALL, LUNGE INTO R KNEE, HANDS TOG AT REACH**
- 5. STEP L AROUND TO FACE L SIDE WALL & FLIGHT**
- 6. DRAG**
- 7. TOE POINT L AT BACK, HANDS TOG OVERHEAD**
- 8. RECOVER**

**RHYTHM & FLOOR: BELIEVER-GUY SEBASTIAN (1.17)**

**INTRO: 1X8**

**NO1: 1X16**

**NO2: 1X16**

**NO3: 1X16**

**NO1: 1X16**

**NO4: 1X4**

**NO1:**

- 1. LIFT L HEEL JUST OFF FLOOR BESIDE R LEG, L ARM UNFOLDS TO UPSTRETCH, LOOK UP**
- 2. R ARM UNFOLDS TO UPSTRETCH, LOOK UP**
- 3. IMPULSE TO UPSTRETCH, LOOK UP THEN FRONT**
- 4. L HAND DOWN TO DRAG PD, LOOK L**
- 5. R HAND DOWN TO DRAG PD, LOOK R**
- 6. LOOK FRONT & IMPULSE BOTH BACK TO DRAG PD**
- 7. CROSS ARMS LOW, L ON TOP TO OVERHEAD**
- 8. ARMS THRU YARD TO SIDES, FEET FLAT**
- 9-16. OPP 1-8**

**NO2:**

- 1. STEP L TO L SIDE, BEND L KNEE, L ARM YARD LOOK**
- 2. STRAIGHTEN L KNEE, L ARM REACH, LOOK FRONT**
- 3. BEND R KNEE, R ARM YARD LOOK R**
- 4. STRAIGHTEN R KNEE, R ARM REACH, LOOK FRONT**
- 5. IMPULSE TO REACH, PD**
- 6. UNFOLD ARMS TO YARD, PU**
- 7. TOE POINT L TO L SIDE & 5<sup>TH</sup>, LOOK UP**
- 8. RECOVER**
- 9-16. OPP 1-8**

**NO3:**

- 1. STEP ON L FLAT TO FRONT & REACH**
- 2. SQUARE KNEEL ON R, L KNEE UP, HANDS ON L KNEE, L ON TOP**
- 3. L LEG BACK TO R, KNEEL UP & FLIGHT**
- 4. IMPULSE TO FLIGHT**
- 5. ROLL & SIT ON R HIP, KNEES FRONT, HANDS FACE RFI**
- 6. KICK L LEG TO FRONT, STILL UP ON R HIP**
- 7. KICK R LEG FRONT, STILL UP ON R HIP**
- 8. LONGSIT TO FRONT**
- 9. ROLL L, HANDS OVER TO L SIDE**
- 10. ROLL R, HANDS OVER TO R SIDE**
- 11. BEND KNEES, SHINS PARRELL TO FRONT**
- 12. LEGS OUT STRAIGHT TO LFI & LONGSIT**
- 13. OPEN LEGS, R TO FRONT L TO L SIDE WALL, HANDS THRU YARD TO LOCK THUMBS OVERHEAD**
- 14. REACH OVER & TOUCH FLOOR**
- 15. ONE HAND ON EACH FOOT**
- 16. FEET TOG & LONGSIT FACING LFI**

**NO4:**

- 1. LEAN BACK ON HANDS & BEND L KNEE, L TOE BESIDE R HEEL**
- 2. BEND R KNEE, BOTH**
- 3. LIFT L LEG UP, KNEES TOG**
- 4. L LEG BACK TO R**
- 5. LIFT R LEG UP, KNEES TOG**
- 6. R LEG BACK TO L**
- 7-8. ROLL TO FRONT ON ALL FOURS**
- 9-10. SQUARE KNEEL ON R, L KNEE UP, HANDS ON L KNEE, L ON TOP**
- 11-12. STAND UP, POINT R AT BACK, ARMS UPSTRETCH THRU REACH, LOOK UP**
- 13. R FOOT FLAT, POINT L TO FRONT & IMPULSE TO UPSTRETCH, LOOK UP**
- 14-16. L FOOT OVER R, SPIN BY R TO FRONT, HANDS THRU YAR, CROSS LOW L ON TOP, TO OVERHEAD TO SIDES, FEET FLAT**

**NO5:**

- 1. LIFT L HEEL UP A LITTLE, UNFOLD L TO YARD, PU LOOK L**
- 2. UNFOLD R TO YARD PU LOOK R**
- 3. IMPULSE TO FLIGHT, LOOK FRONT**
- 4. RECOVER**

**DANCE: TOGETHER- SIA (2.10)**

**INTRO: ALL TOGETHER WE CAN DIG IT HIGHER**

**NO1: 1X16**

**NO2: 1X16**

**NO3: 1X16**

**NO3: 1X16**

**NO4: 1X16**

**NO4: 1X16**

**NO2: 1X16**

**NO3: 1X16**

**NO3: 1X16**

**NO4: 1X16**

**NO4: 1X16**



**NO1:**

**1. R ARM UP TO BEND IN FRONT OF CHEST, CF**

**2. L ARM ON TOP OF RIGHT, CF**

**3. LIFT L ARM UP (STILL BENT) TO TOP OF HEAD**

**4. L ARM BACK TO ON TOP OF R**

**5-6. SAME AS 2 & 3**

**7-8. STEP L TO FEET APART, ARMS TO OBLIQUE & SHIMMER TO SIDES, FS, HIPS MOVE LRLR**

**9-10. ARMS SWING LOW ACROSS BODY L THEN R, HIPS LR**

**11-12. ARMS CONTINUE THRU R SIDE TO SWING OVERHEAD L THEN R, HIPS LR**

**13-16. ARMS SWING THRU YARD TO CROSS LOW L ON TOP TO OVERHEAD TO HEAVE, HIPS LRLR**

**NO2:**

**1-2. L ARM YARD CF, R TO CROSSBEND, CHANGE ARMS, CHANGE ARMS**

**3-4. R FOOT BEHIND L ON TOE, ARMS SWING BY R LOW TO ACROSS BODY TO L SIDE LOW**

**5-6. STEP ON R TO R SIDE, L FOOT BEHIND R ON TOE, ARMS SWING TO R SIDE THEN FULL CIRCLE FINISHING AT R SIDE LOW ACROSS BODY**

**7. STEP L TO L SIDE FEET APART, ARMS SWING BY R SIDE TO OVERHEAD TO L , FS PF**

**8. HANDS HEAVE**

**9-14. REPEAT 1-6**

**15-16. L FOOT TO R FEET TOG, ARMS UPSTRETCH THEN SIDES**

**NO3;**

**1-2. JUMP TO CROUCH TO FLOOR**

**3. SIT ON R HIP, KNEES FRONT, HANDS ON FLOOR  
FACING FRONT**

**4. ROLL ONTO BOTTOM, HANDS ON FLOOR, LEANING  
BACK, KNEES BENT, FEET FLAT ON FLOOR**

**5-6. LIFT L LEG UP (KNEES TOGETHER), THEN RL**

**7. L DOWN TO R, KNEES STILL BENT**

**8. SAME AS 3**

**9-10. ROLL OVER ON TO KNEES TO FACE FRONT,  
HANDS ON FLOOR AT FRONT, TOES UNDER**

**11-12. PUSH BACK ON TOES**

**13. JUMP UP & OBLIQUE, FS PF**

**14-15. ARMS SHIMMER TO SIDES HIPS GO LRLR**

**16. JUMP FEET TOGETHER**

**REPEAT**

**NO4;**

**1-2. UNFOLD ARMS TO OBLIQUE, FS PF**

**3. ARMS CROSS ONTO OPPOSITE SHOULDERS L ON TOP**

**4. JUMP FEET APART & OBLIQUE**

**5. OPEN HEAVE**

**6. L ARM TO YARD PU, THEN CHANGE ARMS, THEN R BACK TO BOTH OPEN HEAVE, HIP LR**

**7-8. HANDS HEAVE, THEN MOVE FORWARD LRLR & SHAKE HEAD LRLR, HIPS LRLR**

**9-10. BEND ELBOWS, BACK OF HANDS TOUCH TOG, FINGERS POINT TO FLOOR, IN FRONT OF CHEST**

**11-12. HANDS TO UPSTRETCH THEN SHIMMER TO SIDES**

**13-14. SAME AS 9-10**

**15- 16. SAME AS 11-12, BUT ON COUNT 16 JUMP FEET TOG**

**REPEAT**

**REPEAT NO2 COUNT 1. STEP L TO L SIDE FEET APART, NO3 TWICE, NO4 TWICE**

