

Heroes (line formation)

	Pick your favorite super hero pose for the end	
A	1 – 4 count (slow) 1 – 4 count (slow)	Arms half circle to R, tap ball on count 4 Arms half circle to L, tap ball on count 4
B	2 – 4 counts (slow) 2 – 4 counts (slow)	Tap with R stick top of ball Tap with L stick top of ball
C	4 – 4 counts 4 – 4 counts	Tap both sticks on ball Tap both sticks on ball, on 4 th count jump and cross tap above head
D	7 – 8 counts	Alternating taps/ hips swaying right to left Top of ball (counts 1, 7) Side of ball (counts 2, 6) Side of bucket (counts 3, 5) Floor (count 4) Go back up
E	“Me and You” “We could be”	Point to yourself and then everyone else Cross tap above head jumping up and down – Get excited
F	4 – 8 counts	Walk around, sticks down to side and cross tap in front of body or above head The last 8 count you will need to locate the ball you started with at the beginning of the lesson.
		B, C, D, E, F, F
G	8 – 4 counts	Start behind ball – side step to R –tap top of ball of 4 th count Step back to left towards your ball Repeat
	REPEAT THE FOLLOWING SEQUENCES	F
I	End with your favorite super hero pose	