

NZCAF Primary Fitness Routine “Girls” 2015

Counts	Lyrics	Legs	Arms
Intro	<i>Let's go girls</i>	Hold start pose of your choice	
1-8	<i>Instrumental</i>	scoop, tog, scoop, tog, shuffle, knee	swing, clap, swing, clap, punch down x3, 'genie' (bent arms on top of each other)
1-8	<i>Instrumental</i>	scoop, tog, scoop, tog, jog, jog, jog, jog	swing, clap, swing, clap, rolling fists x4
1-8	<i>That's all they</i>	chasse, tog, chasse, tog	present forward, down, 'sunshine' (present overhead), down
1-8	<i>Some fun</i>	step, tog, star jump, tog, side lunge x3, tog	prep (swing forward & back), high V, down, single points high V, low V, high V (other on hip), down

1-8	<i>When the working</i>	low jack, drop knee and roll forwards to stand feet tog.	on knees, on floor to support roll, down
1-8	<i>Girls, they wanna</i>	double-jog, double-jog, jog, step, hop, step	high V, low V, cross at chest, 'shimmy' (shoulders swiggle) in low V
1-4	<i>Girls just wanna</i>	side flick kick, side flick kick	in, out to side, in, out to side
1-8	<i>Girls, they wanna</i>	grapevine with leg curl, V step, jog, jog	high V, in, high V, low V, single high V, join high V, single to hip, single to hip
1-8	<i>Fun, girls</i>	grapevine with leg curl, V step, jump, jump	high V, in, high V, low V, L high V, single high V, single join high V, punch down x2

1-8	<i>The phone rings</i>	Crouch, jump up legs wide, flick kick, flick kick	touch ground, single phone to ear (other on hip), down, L shape (front/side), down, L shape (front/side)
1-8	<i>Father yells</i>	Step, tog, tuck jump, jack, tog, superman, tog.	prep (swing forward & back), straight forward, down, hips, single high V punch, down
1-8	<i>Oh daddy</i>	oblique kick, tog, oblique kick, tog, knee, step back, rotate into crouch	side for kicks, down, bend up, punch back & down, swing pointed arms around to one on hip/one fist ("yes" lyric)
1-8	<i>Girls, they wanna</i>	side roll with legs opening to V in middle, tog, 1/2 turn	floor for support, 'sunshine' (present overhead), down
1-4	<i>Girls just wanna</i>	jack, knee, behind, knee	side, clasp in, up, in
1-4	<i>Oh oh oh</i>	Double-time grapevine, jack, tog.	clasp in, side, down

Counts	Lyrics	Legs	Arms
1-8	<i>California girls</i>	knee, cross infront, knee, tog, heel dig, tog, kick, tog	single high V, bend over to opposite ear, high V, down, behind head, down, low V, down
1-8	<i>Daisy Dukes</i>	superman, cross, knee, tog, step cat leap step tog	diagonal, cross fists, open hands into fancy, down, swing up to high V and around backwards to down
1-8	<i>Sun kissed</i>	step, hop, step, tog, slide (hot), side-to-side jump jump	down body into flat hands, single fans face on "hot" (other on hip), elbows out & move shoulders side-to-side in opposite direction to hips
1-8	<i>Oh oh oh</i>	superman knee, superman, knee, double-time over, low lunge	side, in, side, in, 'swim', one arm to floor, other out

1-8	<i>California girls</i>	knee, cross infront, knee, tog, heel dig, tog, kick, tog	single high V, bend over to opposite ear, high V, down, behind head, down, low V, down
1-8	<i>Fine freshed</i>	knee, tog, drag run, drag run, swing, knee, jack, half-squat pose	cross infront, hips, move one at a time across body & down, clasp above head, high V, opposite knee & back of hip
1-8	<i>West coast</i>	step, hop, step, front flick, jog, jog, jump, jump	point to side (other on back), hips, low V, single to side (other at shoulder) x2, punch up, in, up
1-8	<i>Oh oh oh</i>	chasse, front flick, knee, lunge, knee, tog	at shoulders, V infront, cross infront, low V, cross infront, low V

1-8	<i>That's the end?</i>	drop leg behind and roll backwards to stand tog	one arm to side, the other to reach to floor for support, support through roll, down
1-8	<i>Fun, girls they</i>	side lunge with hip, change weight with slight knee x2, step hop, step, tog	'sunshine', single closed fist then open to 'kiss' (other on hip), swing from infront to low V behind
1-8	<i>Fun, girls wanna</i>	side step, side flick, step, leg behind & bend, scoop tog, scoop tog	swing all the way around to one arm to side (other on hip), single round infront x2 (other down)

1-8	<i>When the working</i>	swing, knee, jog, tog, step, tog, stag jump	hips, behind head, out side, prep by swinging forward, high V
1-8	<i>When the working</i>	step, knee, step, tog, back low kick, step, knee, tog	single point up (other on hip), hips, cross infront, low V with flat hands, cross above head in fists, then open hands
1-8	<i>When the working</i>	side low lunge, side flick, step, knee, step, tog	reach to ground, cross straight infront with flat hands, circle at elbows out the side, down
1-8	<i>Girls, they wanna</i>	<i>Coaches choice</i>	
End	<i>Strike a pose</i>	<i>Coaches choice</i>	