

WARM-UP

SOF: UPSIDE-DOWN
THEME: RODEO

Warm-up song: Hoedown (by Aaron Copland)

This is an instrumental song *- watch the YouTube video for familiarity of the music. Use bandanas to swing around while doing a hoedown dance - see Charlena for further instructions*

After song: Do a basic stretch and incorporate any upside down moves you can think of.