

## 2 More 4 Core (Elson en Katrien)

### WARM UP

Kick back right, kick front left

Kick right 2 times side (right)

Tap front, side, double front with right leg

Jumping jack, jump front and back (2 times; in the final we did a turn the second time)

### 2More 4Core

Elson (ski + front and back)

→ Ski with 2 arms push front, push side, right arm cross down, left cross down

Hold ski, right arm cross down

Ski level 2 and ski level 3

Repeat change arm

Katrien (jack & jill → anchored side)

→ Jack cross overs; to just cross overs, to taps side cross over, to cross over extended leg and switch to the back, side, front, side

Elson (rocking)

→ Jog ssd, rocking diagonal with straight leg

Combine rocking diagonal with straight leg to straight leg front and side

Katrien (kick → circle)

Alternating Kicks, to 2-2, to 4-4 to Kick in 3 and hold, to kick front back front, circle back, to only circle back and front

Track 20 + 21 Elson (twist + rebound + level 3)

→ Twist rebound, twist level 2

Twist rebound with one leg straight, twist level 2 with one leg straight

Twist level 2 with one leg straight hold and kick other leg level 3

### FINAL

Same as the warm up choreo with turns to one of us

Katrien / Jeanette / Elson

## WARM DOWN

Katrien

→ balance side to jack same knee up, turn knee open and close, shoulder circles and transverse adduction and abduction, repeat all and end in rotation with breathing patterns