

The Countdown

Source: Pilot Mound Collegiate

Equipment: list of instructions
music with a consistent, rhythmical beat
CD player
microphone (for large groups)

Space: participants require a small amount of space

How to:

- Have participants stand up.
- Put left arm up in the air, fist closed, and enthusiastically shake arm counting one to eight.
- Put right arm up in the air, fist closed, and shake counting one to eight.
- Put left foot in front, shake leg, counting one to eight.
- Put right foot in front, shake leg counting one to eight.
- Wiggle hips, counting one to eight.
- REPEAT ALL, counting one to seven
- REPEAT ALL, counting one to six
- REPEAT ALL, counting one to five
- REPEAT ALL, counting one to four
- REPEAT ALL, counting one to three
- REPEAT ALL, counting one to two
- REPEAT ALL, counting one

